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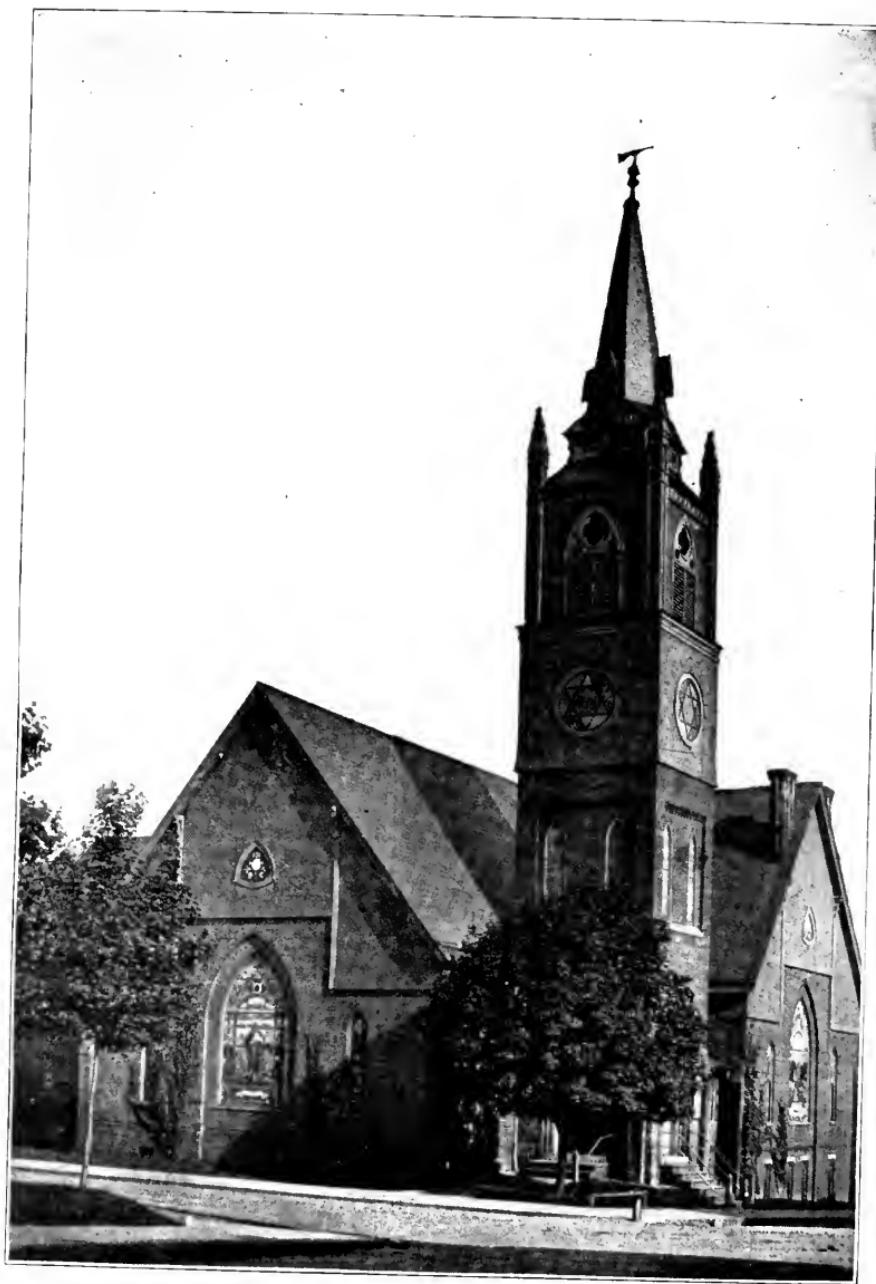
HOME ADVISER



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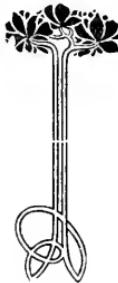
Olivet M. E. Church

Coatesville, Pa. "church. Ladies' aid

THE
Home Adviser

NEW EDITION

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by

MRS. MARY C. HUGHES

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NO. 1

Foreword



HE kitchen of the old-fashioned farm house was the really comfortable and ultra sacred precinct of the entire establishment. If you were on terms of real friendship with the farmer and his wife, you were admitted to the kitchien. To sit around a good fire in the kitchen of a farm-house, with a raging snow storm snarling at the doors and windows, with plenty of nuts on hand in the garret, with apples from the cellar on broad-brimmed plates, and with cookies or doughnuts to fill any stray abdominal crevice, is to enjoy life. The modern kitchen is the ultra sacred center of the home. She who presides there is queen over her own household. Bishop Berkley when he wrote his beautiful verses upon our Western World, and penned the lines, "Time's noblest offspring is the last," described not so nearly our prophetic future as the last and best creation of the Almighty—woman—whom we both love and worship. A distinguished French philosopher answered the narrative of every event with the question, "Who is she?" Priscilla uttered the sentiment which gave the Yankee the keynote of success, and condensed the primal elements of his character when she said to John Alden, "Prythee, why don't you speak for yourself, John?" That motto has been the spear in the rear and the star in the van of all progress. Just because of that sentiment it has made the descendants of Priscilla and John the most audacious, self-reliant and irrepressible members of the human family. Out from the pages of this little volume, filled with recipes to bring good cheer and fellowship to all, comes the answer to the question, "Who is she?" and the only answer is, "She speaks for herself."

You must follow closely the instructions given, and when you reach the lastly, let your doxology be praise for those whose names and works are herein enrolled.

HENRY HESS.

November, 1911.

WEIGHTS AND MEASURES

SUGAR

A common sized tumbler equals half a pint.

Two level teacupfuls of granulated sugar equal one pound.

Two heaping teacupfuls of A coffee equal one pound.

Two level coffeeecupfuls of powdered equal one pound.

Two and one-half level teacupfuls of best brown equal one pound.

Two and three-quarters level teacupfuls of powdered equal one pound.

One and one-half level coffeeecupfuls of granulated equal one pound.

One pint of A coffee equals twelve ounces.

One heaping pint of granulated equals fourteen ounces.

One quart of powdered equals one pound and seven ounces.

One quart of granulated equals one pound and nine ounces.

One quart of any kind equals four teacupfuls.

One teacupful equals one-half pint or two gills.

One heaping tablespoonful equals one ounce.

Two heaping tablespoonfuls of powdered equal one ounce.

FLOUR

Two heaping tablespoonfuls equal one ounce.

Five heaping tablespoonfuls equal one teacupful.

Five teacupfuls sifted flour equal one pound.

One quart of sifted flour equals one pound.

Three and one-half teacupfuls of *corn meal* equal one quart.

BUTTER

One even tablespoonful of soft butter equals one ounce.

Size medium egg equals two ounces.

Four heaping tablespoonfuls of soft butter equals one teacupful.

Two teacupfuls of packed soft butter equal one pound.

One pint of well packed soft butter equals one pound.

THE USE OF

SOIL TESTS

IN SOIL MANAGEMENT

By W. H. DODD, JR., and J. R. COOPER, JR., Department of Soil Science, University of Georgia, Athens, Georgia

ABSTRACT. The use of soil tests in soil management is discussed. The use of soil tests in the field of soil management is discussed. The use of soil tests in the field of soil management is discussed.

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SOUPS

Fresh, lean, uncooked meats make the best materials for soups, and this is one of the most important items.

In making soups of fresh meat, always put it on in cold water. As the water boils away add more from the teakettle, which should be boiling. A quart of water to a pound of meat is proper proportion. The best soup is made by cooking the meat the day previous. Remove all scum as soon as it rises to the surface; and when cold, skim off the fat. The meat should be boiled slowly and long for soup so as to extract all the juices.

Soup should be seasoned very lightly, as more seasoning can be added to suit the taste when served. If a vegetable soup is desired these can be added to suit the taste to the already prepared stock. If barley is needed, this should be cooked separately, then added to the soup.

Sometimes the meat juices form a thick jelly; this can be diluted with water if not wanted so strong.

If soup is to be colored, use scorched flour or burnt sugar.

For flavoring soups:—Sweet majoram, thyme, parsley, celery tops, etc., may be used. Celery seed being an excellent substitute for the latter and is always obtainable.

Two or three eggs well beaten and added just before pouring into the tureen makes a nice thickening.

Lean meats for soups are preferable to joints or bones of any sort, and make the stock more nourishing.

In making soups, always use fresh ingredients, clean utensils, and skim carefully.

ASPARAGUS SOUP

Take tender ends of a bunch of asparagus, boil until tender in salt water. Add one pint of milk, butter size of a walnut. When it comes to a boil add dumplings and boil fifteen minutes.

—*Mrs. H. Thorne.*

CREAM SOUP

One pint boiling water, half teacupful of cream; pour the water on the cream; add broken pieces of toasted bread, and a little salt.

CREAM OF CHICKEN SOUP

One quart of chicken broth, place upon the stove where it will boil slowly; add two tablespoonfuls of rice and let it cook three quarters of an hour. Rub together one tablespoonful of butter and one of flour, and stir into the soup until it thickens. Season with salt and pepper. Scald a pint of fresh milk and add, when it will be ready to serve.

MOCK TURTLE OR CALF'S HEAD SOUP

Have butcher trim the head ready for use; let it stand one hour in cold water, wash well, put on to boil in plenty of water, add salt to taste; boil three hours, remove head to cool, cut all the meat fine, add six potatoes cut in dice, a small onion, one can of corn. Add force meat balls and dough balls if desired. Take one pound minced veal, add salt and pepper to taste; the yolks of two eggs added to make it stick together. Form in small balls, flour the balls, then fry in butter. To make the dough balls take a little flour, salt, a little shortening and baking powder; mix with a little water, form into balls, flour well, add to soup; boil twenty minutes. Season to taste.

NOODLE SOUP

Take three eggs and flour enough to stiffen it. Roll very thin, spread on a cloth till dry enough to roll without breaking; cut very fine. Boil piece of beef, or soup bone; when done add noodles and let it boil thoroughly.

—*Mrs. C. E. Binkley.*

OYSTER SOUP

To one quart boiling water add one quart rich sweet milk. (Use milk entirely if desired.) Stir in half teacupful rolled cracker crumbs; season with pepper and salt. When it comes to a boil add one quart oysters and their liquor. Stir well to keep from scorching. Add butter the size of an egg; let it boil up once, remove from fire and serve immediately.

—*T. S. Gilbert.*

OYSTER SOUP FOR FOUR

Chop one stalk of celery, put on in cold water and cook half hour, drain and mash; add to water celery was boiled in one pint of milk. When hot stir in one tablespoonful each of flour and butter rubbed together, season; drain two dozen oysters, drop into the soup. When boiling remove from fire and serve.

—*M. C. Hughes.*

PEA SOUP

One pint of canned peas, one quart of milk, one large tablespoonful of butter and one of flour. Salt and pepper to taste. Press the peas through a colander (reserving half a cupful). Boil the milk, add the peas, then the butter and flour which has been rubbed together and made smooth and thin with some of the boiling milk; season with salt and pepper; then add the half cupful of whole peas and cook until it thickens. Serve with hot toasted crackers.—*M. W. Mast.*

POTATO SOUP, NO. 1

Boil until soft, in sufficient water to well cover them, six medium sized potatoes, one small onion, one or two stalks of celery and sprig of parsley. Put all through a press or colander, add one quart of milk, season with salt and pepper. Let it come to a boil, then add a tablespoonful of butter and one of flour, rubbed together, and cook until it thickens.

—*M. W. Mast.*

POTATO SOUP, NO. 2

Pare potatoes and cut in dice shape. Boil in salt water until soft. Add piece of butter size of an egg, one quart of milk, pepper to taste, and just before removing from fire add one well-beaten egg.

—*Mrs. C. E. Binkley.*

SOUP STOCK

Use one quart of water to each pound of meat and bones (beef, veal or chicken); cut in small pieces, cover closely and let it simmer three or four hours. Put no salt in the water; do not skim it; strain through a cloth and place it where it will cool rapidly. When cold take off the grease. This may be made in quantities, kept in a refrigerator for weeks, and soup made easily at any time.

TRIPE SOUP

One quart of milk, one and one-half cupfuls of tripe—previously boiled, cut in small pieces, lump of butter size of a walnut; salt and pepper to suit the taste. Let the milk come to a boil; and then add the tripe and other ingredients. Soon as boiling hot serve.

TOMATO SOUP, NO. 1

One quart can of tomatoes or its equivalent of fresh tomatoes. Pour on one quart boiling water and boil twenty minutes. Strain through sieve and stir in half teaspoonful soda until thoroughly dissolved. Then add one pint hot milk (half cream), and let it come to a boil. Butter the size of an egg, pepper and salt. Roll fine four crackers and place in tureen, then pour soup over them. This makes enough for six persons.

—*T. S. Gilbert.*

TOMATO SOUP, NO. 2

One pint of well stewed and strained tomatoes with which has been stirred while boiling a third of a teaspoonful of soda; season with salt, pepper and a half tablespoonful of sugar. Cook in a double boiler one quart of milk, one small onion and a sprig of parsley; let boil, then add a large tablespoonful each of butter and flour rubbed together. When ready to serve pour through a sieve into the strained tomatoes. Serve with toasted crackers.

—*M. H. Mast.*

VEGETABLE SOUP

Three carrots, four onions, four potatoes, one pint of cabbage, cut fine. Put on to stew, with just enough water to cover, until ingredients are tender, then fill with boiling water, and twenty minutes before serving add dumplings made from a pint of milk, one tablespoonful of butter, two eggs well beaten, a little baking powder, flour to thicken.

EGG DUMPLINGS FOR SOUP

One-half pint of milk, two well-beaten eggs and as much wheat flour as will make a smooth, thick batter free from lumps; drop a teaspoonful at a time into boiling soup.

FORCEMEAT BALLS FOR SOUP

One cupful of cooked veal or fowl meat (cut fine) mixed with the following: One-half cupful of fine bread crumbs, the yolks of four hard-boiled eggs, rubbed smoothly together with a tablespoonful of milk, season with pepper and salt. Add half a teaspoonful of flour, binding all together with one beaten egg. Flour the hands and form into balls about the size of a nutmeg; drop into the soup about twenty minutes before serving.

—*Mrs. Binkley.*

EGG DUMPLINGS

Beat one egg light, add half cupful cold water, a little salt, one teaspoonful baking powder, flour till stiff enough; drop in boiling salt water, brown butter and bread crumbs pour over top before sending to table.

—*Mrs. Binkley.*

FISH and OYSTERS

Fish should be scaled and cleaned as soon as they come from market; sprinkle a little salt on the inside and put in a cold place until wanted. The best method for cooking fish is broiling; baking is next, boiling being considered the poorest way of any. Whatever method employed they should be cooked thoroughly to be palatable and wholesome.

Fresh mackerel spoil quicker than any other fish, all fresh fish should be cooked the day they are purchased. To soak a salt fish, lay in cold water, in an earthen vessel, skin side up.

To remove the muddy taste from fish, soak in strong salt water a short time before cooking.

Never use butter to fry fish, lard is much better and plenty of it.

Oysters are considered in season only from October first until April first.

RIFE'S CLAM CHOWDER

Four medium-sized onions chopped fine and fried a nice brown in the kettle in which the chowder is to be made, fry in lard and butter each the size of an egg; after they have been nicely fried add two quarts of boiling water, one pint can of tomatoes and one-quarter peck of potatoes, peeled and sliced thin as for Saratoga chips; allow them to boil soft before adding the clams; take thirty clams, strain off the water and save it, wash the clams and chop fine, add clams and clam water, and season with salt and pepper to taste; let it come to a boil and remove from the fire. Serve hot with crackers, butter and pickle.

DEVILED CLAMS. NO. 1

Twenty-five clams, three hard-boiled eggs, a little onion, parsley and celery; chop all fine, then add a little cream, melted butter, salt, pepper and either table sauce or catsup; thicken with bread crumbs, mix, put in clam shells and fry in hot fat.

—Mrs. C. E. Binkley.



DEVILED CLAMS, NO. 2

Twenty-five clams chopped, one cupful bread crumbs, half cupful of melted butter, half cupful of cream, two eggs, an onion, salt, pepper and parsley to taste. Mix, put in clam shells and bake twenty minutes. —*Mrs. Ivison.*

CLAM FRITTERS

Twelve clams cut fine, one pint of milk, three eggs, adding liquor from clams to the milk; beat the eggs and add to milk with salt, pepper and flour enough for a thin batter. Lastly add the chopped clams. Fry in hot lard. Notice if the lard is hot enough to form a nice brown color quickly. One tablespoonful makes a fritter of moderate size.

—*Mrs. Clara E. Binkley.*

BAKED FISH

Fill the fish with a nice bread and butter filling, seasoned with half a small onion chopped fine; pepper, salt and parsley; bake until thoroughly done, which will take from an hour to an hour and a half, according to size.

BOILED FISH

Wash, wipe and rub with a little salt; wrap it in a cloth just large enough to envelop the fish, sew the edges; put it in a fish kettle if you have one, if not lay it on a platter and tie both together and place in a shallow pan; cover with boiling water and a little salt, simmer gently ten minutes to every pound of fish. When done remove the cloth carefully, put on hot plate and garnish with lemon and parsley; serve with drawn butter or cream sauce.

Cream Sauce.—One tablespoonful of butter and one tablespoonful of flour, cook until bubbles, add pepper, salt, a cupful of rich milk or cream. Cook until it thickens, then add a teaspoonful lemon juice and one hard-boiled egg chopped fine. —*Member.*

FISH CAKES

Carefully remove the bones and skin from any fish, previously cooked, and let soak for a short time in luke warm water; take out, press dry and add to it an equal quantity of

mashed potatoes, and beat to a fine paste; season to taste. Make up mass into round flat cakes, sift a little flour over each, fry in lard until brown. —*M. C. Hughes.*

OYSTER PIE

Cover bottom of baking dish with white potatoes thinly sliced, then a layer of oysters with the liquor until you have two layers of each; season each with salt, pepper, butter and a dredging of flour; cover with a rich pie crust; bake in oven about three-fourths of an hour. —*Gordon.*

CREAMED OYSTER RECIPE FOR CHAFING DISH

After heating the pan of the chafing dish, melt in it a piece of butter the size of a large egg, add to it a half cupful of finely chopped celery, let them cook together about two minutes. Add fifty large fat oysters which have been drained in a colander and let them stew with the dish covered until the gills begin to curl. Then remove the oysters and to the juice remaining add a tablespoonful of flour and a pint of cream; salt and cayenne to taste. Let come to a boil; put oysters back to cook a few minutes longer. When done, extinguish lamp and serve at once.

OYSTER CROQUETTES

Mix a quart of oysters with one cupful of mashed potatoes, cut the mass up fine with a knife; add half pound of rolled crackers, season with butter, salt and pepper, and add the oyster liquor, adding milk if more moisture is needed. Make into small rolls, dip in beaten egg, then in powdered cracker and fry. —*Mrs. T. S. Gilbert.*

OYSTER STEW

To fifty oysters take one pint of milk, a gill of water, two tablespoonfuls of flour, half teaspoonful of salt, fourth cup of butter and a little cayenne pepper; boil liquor of oysters, mix butter and flour, steam until soft enough to beat to a froth, then stir into liquor and add other ingredients; let come to a boil and serve.

OYSTER OR CLAM FRITTERS

Strain twenty-five clams or oysters thoroughly from the juice, chop fine; season with pepper and salt, add two eggs, a little cream, sift in flour enough to make a soft batter, drop in spoonfuls into hot fat.

SCALLOPED OYSTERS

Place a layer of oysters in bottom of pudding dish and layer of bread crumbs with salt, pepper and bits of butter alternately until dish is full, adding the liquor of oysters; bake twenty or thirty minutes. —*Mrs. M. P. H. Gordon.*

MACARONI AND OYSTERS

Steam one large teacupful of macaroni broken in small pieces, until tender. Drain twenty-five oysters and place macaroni and oysters in alternate layers in a pudding dish with butter size of walnut, and season with salt and pepper. Grate cheese over top. Take liquor from oysters, add a little milk, pour over; bake until brown.—*Mrs. Howard Thorne.*

OYSTER SALAD

Parboil one pint of oysters, when plump, drain and set away to cool. Mix one-fourth teaspoonful of salt, a pinch of cayenne, five drops of onion juice, two tablespoonfuls of olive oil and one tablespoonful of lemon juice; pour over the oysters when cold. Wash and slice thin, enough of celery to make twice as much as you have of the oysters, and sprinkle with salt; cut the oysters if large, mix the two together and cover with mayonnaise dressing; garnish with yellow celery tops. —*Mrs. Isaac Rife.*

PIGS IN BLANKET

Make a nice pie dough, roll, cut in squares; wrap a thin slice of bacon around an oyster and then in the square of dough, pin with tooth pick, lay in pan and bake. Make a dressing with the liquor from the oysters, butter, salt and pepper; pour over before or after baking.—*Mrs. E. Griffith.*

BROILED OYSTERS

Select large oysters, dry, then place them on a fine wire broiler, turning often; have some toast prepared, butter the oysters, season with salt and pepper, place on toast, put in the oven for a moment to heat, then serve.

—*Mrs. L. S. Shainline.*

DEVILED OYSTERS

Twenty-five nice fat oysters, half pint of cream, one tablespoonful of butter, two tablespoonfuls of flour, one tablespoonful of chopped parsley, yolks of two eggs, salt and pepper to taste; drain and chop oysters fine, drain again, put cream on to boil, rub the butter and flour together until smooth, stir into the cream; as soon as it thickens, remove from the fire, add other ingredients, beating the yolks before adding; place in shells, sprinkle with egg and bread crumbs; bake in quick oven five minutes.—*Mrs. Albert Long.*

FRIED OYSTERS

Put the oysters in a colander, pour water over them, then take out and wipe dry, have some crackers and bread crumbs rolled fine, season each with salt and pepper; beat an egg and add a little milk; dip oysters in cracker dust, then egg and milk, lastly in bread crumbs; fry in hot lard until brown; serve at once.

—*Mrs. L. S. Shainline.*

CREAMED OYSTERS

One pint of milk or cream, one tablespoonful of corn starch or flour, twenty-five nice fat oysters, one tablespoonful of butter, salt and pepper to taste. Put the oysters on to boil in their own liquor; as soon as they boil drain them, put the cream on to boil in a farina boiler; rub the flour and butter together until smooth; add to the boiling milk or cream. Stir until it boils; add pepper and salt, and lastly the oysters. Put in patties.

—*Mrs. Albert Long.*

CREAM SALMON

One can salmon, one cupful of cream, half cupful of milk, two teaspoonfuls of corn starch, one tablespoonful butter,

pinch of soda, pepper and salt. Drain off liquor, pick salmon into small flakes, heat milk, add corn starch, then salmon; let heat, cover with cracker crumbs and brown in oven.

—*Mrs. F. H. Holland.*

SALMON SALAD

Drain oil off of a can of salmon. Beat two eggs very light and pour over half cupful of boiling hot vinegar, and set on stove until it thickens; add one teaspoonful of butter, some mustard and cayenne pepper, set away to cool, when ready for table add four tablespoonfuls of sweet cream; pour over salmon, dress with lettuce.

SALMON CROQUETTES

One can salmon, six potatoes, boiled and mashed; one tablespoonful butter; season with pepper and salt; mould into shape, dip into beaten egg, then in cracker crumbs, and fry in hot lard or butter.

SALMON CROQUETTES

One can of salmon, one large cupful of mashed potatoes, two hard-boiled eggs, one fresh egg, two tablespoonfuls of cream, a little each of onion, parsley, salt and pepper. Mix all together thoroughly, form, dip in egg, roll in cracker-dust and fry in hot fat. —*Mrs. M. A. Woodward.*

MEATS

Meat when used for soup should be put on to cook in cold water.

When used as boiled meat, it should be put on in boiling water so as to retain the juices and should always be kept under the water when boiling.

Remove all scum as it rises and allow twenty minutes to a pound; when wanted rare allow fifteen minutes to the pound.

Never salt meat when cooking, as it draws out the juices and makes it tough.

When roasting meat in the oven, it should be frequently basted, unless a roaster is used, which saves the trouble.

All meats should be cooked with a steady fire.

In boiling or frying meats, the utensils should be hot before putting it on. As soon as it sears, turn it.

Frozen meat should be placed in cold water to thaw.

To keep ham from becoming rancid after slicing, rub corn meal on the cut side; this can be easily rubbed off when needed again.

If smoked ham is rubbed with molasses and sprinkled well with black pepper it will keep much nicer. The ham should be well dried.

Mutton and veal will keep fresh in warm weather without salt or ice, if kept in a vessel and well covered with sour milk. The milk should be changed when commencing to mould. Wash well in cold water before using.

In broiling meats, if the drippings take fire, remove from the range to cool; do not try to blow it out, for fear of burning the face.

A perforated tin to cover your dripping pan while frying meat prevents the fat from flying over the stove and the flavor of the meat will be improved cooked in this way.



Sausages well fried may be kept for several months if placed in crocks and melted lard poured over until quite thick. This lard can be utilized for frying after the sausage is used.

CREAMED FRESH BEEF

One pound of beef, from the round, chopped, one tablespoonful of butter, one tablespoonful of flour, one cupful of cream. Put beef in a very hot pan and turn quickly with a fork until it is all seared, add the butter; when melted dredge the flour in and stir until it is well browned, add cream; boil for a minute or two, season with salt and pepper and serve on hot toast.

—*Weaver.*

BAKED BEEFSTEAK

Score the steak well; put it in a dripping pan. If not very fat add bits of butter to it, season with salt and pepper and sprinkle bread crumbs over it. To keep from sticking put a little water in the pan. Bake twenty minutes or until well done.

—*T. S. Gilbert.*

VEAL OR BEEF ROAST

Wipe the meat with a damp cloth, place in a roasting pan and sear over under gas blaze or brown over in a very hot oven; add a little hot water around the meat; salt and pepper to taste. Baste the meat by dipping the water from around the roast with a large spoon every ten minutes. Add hot water as often as it dries away.

FRENCH BEEF STEW

Select lean beef, cut in small pieces, and stew with onions; when done thicken with flour, season and serve. A tea-spoonful of vinegar may be added if desired.

BROILED BEEFSTEAK

Have steak about three-quarters of an inch thick; some prefer to beat the steak, thinking it makes it tender. Lay it on a hot well greased gridiron or broiler, put it over live coals to cook. If wanted rare cook only ten minutes; if well done allow fifteen minutes. Lay it on a hot platter, season with salt and pepper and with bits of butter or a little sweet cream.

STUFFED STEAK

One pound of round steak, one cupful of bread crumbs scalded in one cupful of milk, one tablespoonful of butter, one tablespoonful of parsley, one chopped onion, half a teaspoonful of salt, half teaspoonful of pepper, lay steak flat, spread filling on, roll steak, tie with string, dust with flour; put in oven with two ounces of drippings, add one teacupful of water, cook one hour, baste frequently.—*Mrs. Finnigan*

FRIED BEEFSTEAK

Cut suet from steak, cut up and put in pan and fry out the fat; when smoking hot put in the steak; when browned on one side turn over and sprinkle with salt and pepper. Cook until about two-thirds done; put on a hot platter and put a very little hot water in the pan; salt a little and pour this over the steak.

MEAT CROQUETTES

Two cupfuls of finely chopped cooked meat, one cupful milk or dressing from meat; two tablespoonfuls of chopped parsley, one tablespoonful of butter, one tablespoonful of flour, one egg; season to taste. Scald the milk if used, rub flour and butter together until smooth; add to the scalded milk until it thickens. Mix in the parsley and seasoning, as well as the meat. Mix thoroughly and then dip in egg and bread crumbs and fry in hot fat. —*Mrs. L. S. Shainline.*

MEAT HASH ON TOAST

Take the remains of any kind of meat, remove all bones and fat, mince fine; add a tablespoonful or two of celery or without (celery is the best with chicken or turkey); put into a pan with a little water to moisten, heat thoroughly, season with a little butter, salt and pepper. Put this on slices of toasted bread, previously buttered. —*T. S. Gilbert.*

BOILED HAM

Wash clean, put in a boiler and cover with cold water. bring to the boiling point and boil gently three or four hours, or till tender so as to stick a fork in it. Turn the ham once or twice in the water. When done take out, put into

a baking pan. Peel, set into a moderate oven and bake one hour. To glaze a ham, sprinkle with sugar and pass a hot knife over it, or brush over with the yolk of a well-beaten egg.

BAKED HAM

Ham is much better baked than boiled; soak for an hour or two in clean cold water, wipe it dry. Spread all over with a thin batter, and then put in a deep pan, with sticks under to keep it out of the gravy. When done remove the batter and skin, set away to cool. It will require from six to eight hours to bake it.

DEVILED HAM

Take lean, boiled ham, and chop it very fine, season well with black and red pepper and dry mustard, press it solid, and slice thin. Boiled beef's tongue may be served in the same manner.

HAM TOAST

Remove the fat from some slices of cold boiled ham; chop fine. Put two tablespoonfuls of butter into a saucepan on the stove; add the chopped ham and half a teacupful of sweet cream or rich milk; season with salt and pepper, and when hot remove from the stove and stir in quickly three well-beaten eggs. Pour the mixture over thin slices of toast and serve at once.

HAM AND POTATO CROQUETTES

Four cupfuls mashed potatoes, two cupfuls chopped boiled ham, both fat and lean; mix together and moisten with two beaten eggs. Make into balls, dip into white of beaten egg, then roll in bread crumbs and fry in deep hot fat.

—*T. S. Gilbert.*

BAKED LIVER

Take a whole calf's liver, have a pocket cut in it, fill with bread filling, baste with bacon and bake in oven.

—*Miss M. Finnigan.*

ITALIAN CHEESE

Wash a pound of liver, scald and wipe dry, chop with half a pound of veal and half a pound of ham, season with sage, parsley, minced onion, pepper and salt; press in greased mold, cover and steam four hours. Drain off the liquor, put in small pan; dissolve one ounce of gelatine, pour over meat in mold; let get cold and slice.

—*Mrs. Max Steinwachs.*

PIG'S FEET

Wash in hot water and scrape well. Lay in salt water to remove blood. Put on to cook in cold water with a little salt, and cook until very tender. Remove the meat from the bones, cut in small pieces. Place the meat in dishes and strain the liquor in which the feet were boiled, season with salt, pepper and vinegar to taste, and pour over the meat.

BROWNED FRICASSEE OF SHEEP'S TONGUES

The day before the fricassee is to be served, wash the tongues carefully, put them into enough boiling water to cover, and simmer them for two hours. When cool take them from the water, rid them of their roots and cut them in two lengthwise. Season with salt and pepper, and put in a cool place. Put upon a plate two tablespoonfuls of flour and roll the tongues in it; put three tablespoonfuls of butter into a frying pan, and when it gets hot put in the tongues and a teaspoonful of chopped onion. Cook until the meat gets browned on all sides, add what flour remains on plate and stir until the flour is smooth, then add a pint of stock, stirring all the while. Season with salt and pepper; then add a teaspoonful of lemon juice, and send the dish to the table.

—*Mrs. D. H. Weaver.*

GERMAN SWEETBREADS

Boil them in water with a little salt; take off all the fat; cut in small pieces. Make sauce with one tablespoonful of flour, butter the size of walnut, moisten with the water the sweetbread is cooked in, make as thick as cream, flavor with

lemon juice. Put in the sweetbread and let it just boil; stir in a well-beaten egg, with a little water in it to keep from curdling, just before sending to table.

FRIED SWEETBREAD

Wash the sweetbreads, trim carefully of fat and boil an hour in water seasoned with salt and a dash of vinegar; when perfectly cold split each lengthwise, pepper them and roll in cracker dust. Fry in butter till a nice brown and serve, garnished with thin slices of lemon, cut in quarters.

—*Mrs. J. W. Heck.*

BREADED VEAL CUTLET

Beat one egg; dip cutlet on both sides and then cover with very fine bread crumbs. Put in your frying pan on stove butter or lard, then place cutlet in the hot fat. Let cook very slowly for a half hour.

BLANQUETTE OF VEAL

Take two pounds of lean veal cut in pieces about an inch square, soak in cold water; take out, dry with a cloth, put one and a half tablespoonfuls of butter in a saucepan with a tablespoonful of flour. When hot stir half a minute, add the veal, stir again, cover with water, add salt and pepper to taste; cook slowly two hours, stirring occasionally; beat one egg with a teaspoonful of water, stir in and serve. Should the gravy be too thick add a little water.

VEAL LOAF, NO. 1

Three pounds veal, three eggs, one-quarter cupful butter, one teaspoonful black pepper, two teaspoonfuls salt, one teaspoonful onion juice, one-half pound ham, three tablespoonfuls cream, one-half teaspoonful allspice, two teaspoonfuls summer savory, one-half cupful fine bread or cracker crumbs. Chop the veal and ham very fine. Beat the eggs without separating, and melt the butter; mix veal, ham, eggs and seasoning together; add cream and melted butter. Press into a mould previously wet with cold water and turn out

carefully into a flat baking pan. Bake for two hours in a hot oven, basting occasionally with melted butter.

—*Mrs. Wm. R. Jackson.*

VEAL LOAF, NO. 2

Four pounds veal uncooked put through a grinder, three eggs, beaten light; two tablespoonfuls cream, one and one-half of stale bread crumbs, a little salt, red and black pepper to suit taste, one-quarter teaspoonful mustard, one-quarter cupful butter, melted, and a little parsley. Make in two loaves; put in a pan with a little water and a little butter; baste the same as a roast, one and a half hours.

—*Mrs. I. Vannan.*

VEAL WITH DUMPLINGS

Get a knuckle of veal, put in a stewing kettle, nearly cover with boiling water; simmer slowly until tender; season with salt when nearly done. Take out the liquid and thicken with flour to make the gravy; season with pepper; add dumplings to the liquor and cook a few minutes, then pour around the meat in a large platter.

The Dumplings.—Make a good baking powder biscuit, cut out the same; place in a perforated pie tin; put in a steamer and cook over a pot of boiling water; steam twenty to thirty minutes. Do this in time to be served with the stewed veal.

VEAL LOAF

Three pounds of uncooked veal, run through a meat chopper; eight tablespoonfuls fine bread crumbs; six tablespoonfuls cold water, two eggs well beaten, two tablespoonfuls butter; salt, pepper and parsley to taste. Mix well together with the hands and then form into one large or two small oblong loaves. Cover with bread crumbs and bake about two hours. Baste occasionally.

—*Gordon.*



POULTRY and GAME

Wild game should be first fried in butter before boiling, as it improves the flavor.

Onions cooked with wild game will remove the fishy taste that is so objectionable to many.

Be sure your poultry or game is well done before serving; keeping a pan of water in the oven will keep fowls from scorching.

CHICKEN OR MEAT CROQUETTES

To each pint of finely chopped meat take one-half pint of milk, one large tablespoonful butter, two heaping tablespoonfuls flour, one tablespoonful chopped parsley, one teaspoonful of salt, one-fourth teaspoonful pepper, one-fourth teaspoonful grated nutmeg, one teaspoonful of onion juice. Put the batter in a pan on the stove, when melted stir in the flour, then add the milk and boil until thick, stirring all the time. Take from the fire, add meat, stir well, set away to cool, then mould into croquettes; when ready to fry, dip them in beaten egg, roll in cracker dust. Put in frying pan some butter or lard and fry them a nice brown. Do not allow them to swim in fat.

—*Mrs. John T. Blest.*

DEVILED CHICKEN

One pint of picked meat, one cup of stale bread crumbs, soaked in one and one-half cupfuls of milk. Put all together and add a generous piece of butter; salt and pepper to taste. Put over fire and bring to a boil. Have two hard-boiled eggs chopped fine. Take from fire and stir the eggs well through the mixture. Turn into baking dish, sprinkle lightly with bread crumbs and brown in oven. —*Mrs. H. Taggart.*

FRIED CHICKEN

Have the chicken cut up and well drained, dust the pieces with flour and put in a pan to fry with hot fat, part lard and part butter; season; brown well on both sides, being careful not to burn; add a little hot water, cover closely; move toward the back of the stove to steam a few minutes. Take out the chicken and make a gravy of cream or rich milk.

CHICKEN PIE

Cut up a chicken, boil for three-quarters of an hour. Make a dough, the same as for biscuits, and cover the bottom of the dish with a layer, pour in the chicken and water in which it was cooked; season with salt and pepper; then put on the upper crust and bake.

ROAST TURKEY WITH OYSTERS

Prepare a dressing of one quart of bread crumbs and half cup of butter, and enough water to moisten; drain twenty-five oysters and mix with the dressing; season; fill the turkey with the above, put butter over the outside and some water in the dripping pan, and bake until done, basting frequently. Cut up the giblets, boil and add to the gravy.

CHICKEN OR VEAL CROQUETTES

Two cupfuls of finely chopped cooked meat, one cupful milk, one tablespoonful of butter, two tablespoonfuls of chopped parsley, two tablespoonfuls of flour; season to taste. Scald the milk; rub butter and flour together until smooth, add to the scalded milk and stir until it thickens. Mix the parsley and other seasoning with the meat, add to the thickened milk, mix thoroughly, cool, then form into cone shaped croquettes; cover with egg and bread crumbs, then fry in smoking hot fat. —*Mrs. Wm. R. Jackson.*

POTATO FILLING FOR FOWLS

A dozen medium-sized potatoes, one plate of bread crumbs, one small onion, parsley, salt and pepper to taste, three eggs. Boil and mash potatoes, brown onion and parsley slightly in butter, and mix; then break eggs over all and stir well. —*Mrs. Jas. R. Pateling.*

TO COOK RABBIT OR SQUIRREL

Wash the meat well and let stand in salt water a few minutes; rinse, wipe dry with a cloth, put fat in frying pan, let get smoking hot and put the meat in; keep turning until it is a nice brown all over, then pour hot water in with it. Place a cover on the pan and let cook slowly until it is tender; add more water if necessary. Make a gravy; serve.

VEGETABLES

Asparagus will boil in three-quarters of an hour; use cold water.

Corn will boil in twenty minutes, drop in boiling water without salt.

Cauliflower will boil in twenty minutes and should be tied in a net and served with rich drawn butter. Throw in salt water and let stand a while before putting on to cook, to remove insects.

If dried corn is soaked over night it will cook in one and a half hours.

Onions will boil in from one to one and a half hours; use hot water, changing it two or three times; cook without cover to prevent disagreeable odor.

New potatoes will boil in three-quarters of an hour.

Summer beets will boil in one hour, while it will require two to three hours to cook winter beets.

Spinach will boil in twenty minutes; use hot water.

Lima beans will cook in three-quarters of an hour.

Early peas will require half an hour to cook; salt when nearly done.

Cook summer squash three-quarters of an hour; press water out well before seasoning.

If turnips are cut thin they will cook in an hour or so.

Winter beans will take from two and a half to three and a half hours to cook, but may be hurried a little by the addition of a pinch of soda.

Cabbage should be boiled from one to one and a half hours in plenty of water; salt while boiling. Cook without lid, to prevent the disagreeable odor arising therefrom.

When sprouts appear on potatoes, they should be removed as they exhaust the starch and render them less nutritious.

Pare sparingly, as the nutritious part of the potato lies near the skin.

ASPARAGUS OMELET

Boil fresh cut asparagus in very little water and a little salt. When tender, chop fine, mix with four well-beaten eggs, add two tablespoonfuls of sweet cream; fry in hot butter.

BEAN POLENTA

Cook dried beans until soft and mealy. To one quart of boiled beans add one and a half tablespoonfuls molasses, half tablespoonful each of salt, mustard and butter, and a tablespoonful of vinegar, a quarter of a tablespoonful pepper; stir and cook thoroughly ten minutes; when done should be dry.

—*M. C. Hughes.*

BEAN SALAD

Cold baked or boiled beans make a very nice salad, with any good salad dressing.

BAKED BEANS

One quart of beans, soaked over night; in morning pour water off and put in the pot; add two tablespoonfuls of molasses, salt to taste, put on top half pound of salt pork, fill with water and bake all day; refill several times during the day, and put the last water on about four o'clock.—*Ivison.*

BOSTON BAKED BEANS

One quart of soup beans, one pound of pickled pork, two tablespoonfuls of molasses, half teaspoonful of mustard, salt and pepper to taste. Put beans on in enough cold water to cover deeply; let them boil until the skins crack open, when a few are taken out and gently blown upon. Then drain the water all off, put about half of them into a bean pot with the molasses, mustard, salt and pepper. Take rind all off the pork, which should be very fat, cut into the pork deeply both ways; put it in the bean pot, add the remaining beans, fill with hot water, cover and bake all day, adding water often to keep the bean pot full, until an hour or two before serving time; allow the water to boil away, till only enough is left to make sort of a gravy over them. —*Mrs. Pond.*

LIMA BEANS

Stew in water, in which a pinch of soda has been added. When done drain off the water and pour in milk; season with salt and butter; boil up. Serve hot.

BAKED BEETS

Beets retain their delicate flavor to perfection if they are baked instead of boiled. Turn frequently while in the oven, using a knife, as the fork allows the juice to run out. When done, remove the skin and serve with butter, salt and pepper, in slices.

CANNED BEETS

Cook and peel young beets, as for immediate use; slice and pack in fruit jars; be sure that rubber and tops are in good order. Boil good cider vinegar, that is not too strong, adding pepper, salt and sugar to taste. While boiling pour over the packed beets in the jars, fill to overflowing and immediately screw down the tops tight. Wrap in brown paper and put in a very dark place. —*Mrs. Wm. R. Jackson.*

COLE-SLAW, NO. 1

Cut cabbage fine and season with salt. Dressing: One tablespoonful each of flour and sugar, one egg; beat together until smooth, stir in half cupful of cream or milk, three tablespoonfuls of vinegar, one tablespoonful of butter and a pinch of mustard. Put in farina kettle and boil until it thickens. Pour over cabbage and mix thoroughly. If the dressing is too thick, thin with a little cream.—*Gordon.*

COLE-SLAW, NO. 2

One small head of cabbage, cut fine, one egg, one-half teaspoonful of vinegar, butter size of hickory nut, one-quarter teaspoonful of celery seed, a little flour, salt to suit the taste; sprinkle flour and salt over the cabbage. Warm the butter and vinegar in a skillet. Put the cabbage in it; beat the egg, and pour over all; mix well together, and cook two minutes; add the celery seed. Let it get cold before serving. If sugar is used, sprinkle on cabbage with flour and salt.

—*M. C. Hughes.*

SAUER KRAUT

Cut the cabbage fine, as for slaw. Place some clean cabbage leaves in the bottom of a strong vessel—oak is the best—then a layer of table salt, and alternate layers of cabbage, until full; cover top with cloths, and place on top a board with weights on.

—*Mrs. Audrie.*

TO COOK SAUER KRAUT

Soak half hour or so, and wring out of water; cook an hour, with lard or a small piece of salt pork. If the latter is used, the meat should be partly cooked before the kraut is put on to boil.

CAULIFLOWER

After cleaning, lay head downwards in cold, salt water, to draw out insects. Cook in plenty of boiling water, with a little salt, until tender. Take two cups of the boiling water, stir into it a batter made of a little flour and a little milk, and the yoke of an egg. Let boil until thick as cream; add a piece of butter, salt, pepper and some nutmeg; serve with the cauliflower while hot.

CORN PUDDING

One dozen ears corn, grated, three eggs beaten separately, one teaspoonful of salt and one tablespoonful of sugar, piece of butter size of an egg. Bake three-fourths of an hour.

—*Ivison.*

CORN FRITTERS, NO. 1

Take six large ears of corn, grated, and three well-beaten eggs, a little salt and pepper, a tablespoonful of flour; fry in hot lard and butter.

—*Mrs. Grier Hoskins.*

CORN FRITTERS, NO. 2

Two cups corn, grated, three eggs, beaten separately, three tablespoonfuls of milk, one tablespoonful melted butter, one heaping tablespoonful of flour. Fry in lard.

—*Mrs. E. L. Branson.*

CORN PUDDING, NO. 1

One can corn, or its equivalent amount of grated corn from ears, three eggs, two teaspoonfuls flour, salt to taste. Beat corn and yolks of eggs, then add sugar and flour. Beat whites and fold in last. Bake twenty minutes in a moderate oven.

—*Mrs. H. E. Russell.*

CORN PUDDING, NO. 2

Two cups of grated corn, one cup of sweet milk, three eggs beaten separately, tablespoonful of butter, two tablespoonfuls flour, salt and a small teaspoonful of baking powder. Bake in agate basin, three-fourths of an hour.

—*Mrs. E. L. Branson.*

CARROTS STEWED

Cut lengthwise; boil until tender, then slice very thin; place in sautepan, with two tablespoonfuls of butter and a cup of cream or rich milk; season and stew a few minutes.

STEWED CELERY

Clean thoroughly, discard all of green; cut in small pieces and stew in a little water or broth; when tender, add a piece of butter size of hickory nut, a teaspoonful of flour, salt, pepper, and three-fourths cupful of sweet cream; if milk is used, add more butter. A small onion may be cooked with the celery, if agreeable to the taste.

DUTCHED LETTUCE

Wash carefully two heads of lettuce, tear each leaf in two or three pieces; cut a quarter pound of ham or bacon into dice, and fry until brown. While hot, add two tablespoonfuls of vinegar. Beat one egg until light, add to it two tablespoonfuls of sour cream; then add to it the ham; stir over the fire one minute, until it thickens, and pour boiling hot over the lettuce; mix carefully with a fork, and serve immediately.

WILTED DANDELIONS

Cut off the roots and wash thoroughly; cut the leaves in small pieces. Beat one egg until light, add to it a half cupful

of cream and stir over the fire until it thickens; then add a piece of butter size of a walnut, two tablespoonfuls of vinegar, salt and pepper to taste; put dandelions into this and stir over the fire until all are wilted. Serve hot.

FRIED EGGPLANT

Cut the egg plants in slices, a fourth inch thick, and soak half hour in cold salted water. Drain off the water, lay on a napkin; dip them in crumbs, then in beaten egg, then again in crumbs, and fry in butter until light brown. Have fat hot before putting in the slices. Keep in the water till ready to fry them, or they will turn black.

CREAMED ONIONS ON TOAST

Slice six medium-sized onions, cook in butter and water until tender, add one cupful of milk and one tablespoonful of butter, season with salt and pepper, and thicken quite thick with flour. Drop the creamed onions on slices of toast and lay slices of hard-boiled egg on top; serve hot.

—*Mrs. C. B. Conner.*

PEAS STEWED WITH MEAT

Cut in small pieces one pound, or more, of veal or lamb. Cook in water with peas until well done; season with salt and pepper, add a lump of butter, one teaspoonful of flour, and four tablespoonfuls of sweet cream.

FRIED POTATOES WITH CHEESE

Slice raw potatoes and fry in hot lard; when tender, chop fine and add a small quantity of grated cheese. Season to taste; stir until cheese is melted. Serve. —*Mrs. Andrie.*

CREAMED POTATOES

Rub a tablespoonful of butter and the same of flour together; stir this into half pint of milk. When hot, add about one pint of cold boiled potatoes, cut in dice. Season with salt and pepper, being careful not to break the potato while stirring. Serve hot.

—*Mrs. E. L. Branson.*

POATOES WITH GRAVY

Quarter medium-sized potatoes, steam until tender, and pour over a gravy made with butter, brown flour and onions; season to taste; or the gravy may be made without browning the flour, or a small quantity of vinegar may be added, if liked.

—*Mrs. Andrie.*

BOULETS

Two cups mashed potatoes, yolk of one egg, small piece of butter. Make into balls while warm, and when cold dip in egg and cracker. Float in hot fat. —*Mrs. E. L. Branson.*

BAKED POTATOES

Choose large potatoes; bake until mealy; take off top, scoop meat out, season with salt, pepper, and add a little butter and cream; beat all together, return to the cases, and place in oven until brown.

—*Mrs. H. Thorne.*

POTATO SALAD, NO. 1

Boil six large potatoes (not too soft), when cold cut in small pieces; cut whites of three hard-boiled eggs, one stalk of celery, cut fine, sprinkle a little salt over. Make a dressing of three yolks mashed fine, one raw yolk, and a little melted butter, and last, vinegar, added slowly, making it the thickness of sweet cream.

—*Mrs. C. E. Binkley.*

POTATO SALAD (FRENCH), NO. 2

Boil potatoes with skins on, and peel while hot. Place in a bowl with onion, cut fine. Season with salt and pepper. Pour over a dressing in proportion of one teaspoonful of olive oil or two teaspoonfuls of vinegar. To be eaten while hot.

—*Mrs. Andrie.*

POTATOES AU GRATIN

Grease a pudding dish with butter, and put in the bottom a layer of bread crumbs, from bread that has been browned in the oven, a little grated cheese, and part of an onion, chopped fine, with alternate layers of potatoes, sliced, until pan is full, having the crumbs, with a little butter, on top; bake in the oven, and serve in the dish in which it is baked.

—*Mrs. Andrie.*

ESCALLOPED SWEET POTATOES

Boil and peel the potatoes, and slice about half inch thick, butter a dish and put a layer in bottom, sprinkle with sugar and bits of butter alternately until dish is full, add boiling water to almost cover. Bake an hour or until a nice syrup is formed. Use one and a half cupfuls of sugar to a medium sized dish.

SCALLOPED POTATOES

Peel and slice thin raw potatoes; butter a baking dish, put in a layer of potatoes and season with salt, pepper and butter, (a bit of onion, chopped fine, if liked), sprinkle on a little flour, put another layer of potatoes and seasoning, and continue until dish is filled. Pour a quart of hot milk over it, and bake three-quarters of an hour. Cold boiled potatoes may be used the same way, but require less time to bake.

—*T. S. Gilbert.*

POTATO PUFF

Two cups of mashed potatoes, two tablespoonfuls of melted butter; stir these, with the yolks of two eggs, to a cream, add six tablespoonfuls of cream; beat all together, adding the beaten whites of the eggs last, a little salt, form in a dish, bake quickly until a light brown. —*Mrs. E. L. Branson.*

POTATO CROQUETTES

Two cupfuls of mashed potatoes, one egg, two teaspoonfuls of baking powder, flour to handle. Form into balls, cover with bread crumbs and fry brown in boiling hot lard.

—*Gordon.*

SARATOGA CHIPS

Cut nice potatoes into very thin slices, put them into cold water, with a small bit of alum added, to make them crisp; let them stand a few hours or over night; rinse in cold water and dry them with a crash towel; fry them a light brown in boiling fat; when done, sprinkle with salt. —*T. S. Gilbert.*

POTATO FRITTERS

One egg, beaten light, two cupfuls mashed potatoes, one-half cupful milk, a little flour, salt and baking powder. Drop in hot lard.

—*Gordon.*

POTATOES AND BACON

Pare and slice raw potatoes as for frying. Place in pudding dish with half cup or so of water, salt and pepper to taste; place thin slice of breakfast bacon all over top; bake in moderate oven; serve hot. Lima beans are good prepared in the same way, only boil until almost tender before adding bacon, and put in oven. —*M. C. Hughes.*

CREAMED SWEET POTATOES

Boil potatoes until tender, make a cream dressing with butter, flour and milk, salt and pepper to taste; pour over potatoes and serve hot. —*Weaver.*

SWEET POTATO CROQUETTES, NO. 1

Six medium-sized sweet potatoes, boil and mash, season with salt, pepper and nutmeg to suit the taste. Add two tablespoonfuls of butter, a few drops of onion juice, one-half cup of cream, one tablespoonful of parsley. Make into croquettes, dip in egg, then in bread crumbs, and fry in deep fat. —*Mrs. D. H. Weaver.*

SWEET POTATO CROQUETTES, NO. 2

Eight potatoes, four tablespoonfuls of butter, four tablespoonfuls cream, salt and pepper to taste. Bake the potatoes with skin on; scoop out and mash fine, adding, while hot, the butter and other ingredients. Beat all together, form into croquettes, roll in beaten egg and bread crumbs. Fry in boiling lard. —*Mrs. J. W. Heck.*

GLAZED SWEET POTATOES

Pare and boil six sweet potatoes in salted water until nearly tender; mix one-half cupful of brown sugar with one cupful of hot water and butter the size of a large walnut. Put the potatoes in a pan and pour some of the mixture over them. Put into a hot oven, basting frequently with the rest of the mixture until they are a rich brown glaze. Table molasses can be used instead of the sugar. —*Mast.*

ESCALLOPED POTATOES

Boil potatoes with skins on, peel and slice enough to fill a medium-sized baking dish; put a large tablespoonful of butter in a pan, melt, add one and one-half tablespoonfuls of flour; stir until smooth, then add a pint of rich milk; boil a little, add salt and pepper to taste. Pour this dressing over the potatoes and brown in oven.—*Mrs. Jas. C. Barton.*

TO COOK SPINACH .

Wash thoroughly, put in boiling water, boil twenty minutes; drain off water, cut and season with salt and pepper. Cut hard-boiled eggs and lay over the top.

Another way: Boil a piece of breakfast bacon; when nearly done, add potatoes and spinach.

SUCCOTASH

One quart of lima beans, small piece of salt pork; when beans are nearly done add one dozen ears of corn, half dozen cut from the cob, the other half dozen grated. Just before serving add a pint of cream; salt to taste.—*Ivison.*

ESCALLOPED TURNIPS

Pare, cut into dice, and boil in salted water until tender. Drain and put into a baking dish. Cover with cream sauce, then with bread crumbs. Dot generously with butter, and bake in quick oven.

—*M. W. Mast.*

CREAM TOMATO

One-half can tomatoes, heated and seasoned with salt and pepper. Sugar and butter and thickened slightly with flour just before turning on to slices of hot, buttered toast add one scant cupful of cream (the thicker the better), into which has been stirred a small pinch of soda. Serve immediately.

—*M. W. Mast.*

STUFFED AND BAKED TOMATOES

Select firm, ripe tomatoes, and cut off a slice from the stem end; remove the green core, and fill them with onion, chopped fine, a small piece of butter, pepper, salt and a tea-

spoonful of bread crumbs; arrange them in a baking pan, add a little water, and bake in a slow oven. Serve them hot, in side dish.

—*Mrs. L. Shainline.*

TOMATO FRITTERS

Scald and peel the tomatoes in the usual way. Then chop fine (tomatoes will be nearly half water); season with pepper and salt to suit the taste; stir in flour to make a thin batter, with one-half teaspoonful soda in it. Fry over a quick fire, in butter or lard, and serve hot.

—*M. C. H.*

JELLIED TOMATO

Put one pint of strained tomatoes in a saucepan, with one bay leaf and a slice of onion, one-half teaspoonful of salt, one saltspoonful of pepper; bring to boiling point; cover one-half box of gelatine with one-quarter cup of cold water; let stand while tomato is heating, then add. Pour into small moulds or cups, and set on ice. Serve on lettuce leaves with mayonnaise dressing.

—*M. W.*

TOMATO DRESSING, NO. 1

Two eggs (yolks), one tablespoonful sugar, one-third cup milk, one teaspoonful mustard, one-half cupful vinegar, one tablespoonful butter. Heat vinegar slightly, to which has been added the sugar; mix together the other ingredients, and stir into the vinegar, constantly, until it reaches the boiling point. Remove at once from the fire.—*M. P. Gordon.*

TOMATO DRESSING, NO. 2

One tablespoonful of ground mustard, one tablespoonful of salt, and one tablespoonful of sugar, three eggs, and one teacupful of vinegar, and one cupful of milk. Mix all together, boil, and when cold is ready for use.

—*Mrs. Rodney Martin.*

EGGS, BREAKFAST AND TEA DISHES

If eggs are to be boiled, they should be put on in cold water; as soon as the water boils they will be soft, three minutes more they will be hard. Boiled in this way they are very easily digested, even by a weak stomach.

Egg shells if saved can be used for settling coffee.

All foreign eggs should be broken separately, to be sure they are perfect.

A little vinegar may be added to the water in poaching eggs to set the whites; also a little salt. If the large end of an egg turns up when they are put in water, they are not fresh. This is a simple rule, but it is said to be infallible.

Many persons pack eggs in coarse salt, small end down, not allowing the eggs to touch each other. Holes should be bored in the vessel to drain off the moisture.

Slack lime as for whitewashing; place eggs in vessel and pour over. Keep covered with lime water.

—*Mrs. Mary Dunlap.*

When boiling mush, if the salt is added just a few minutes before taken off of the stove, the boiler will wash much easier, as less will adhere to the vessel.

Cornmeal kept in a muslin bag in a dry, cool place is not apt to get heated and sour.

In making buckwheat cakes, if desired, a little batter can be saved for another time. When light and ready to bake, add a small quantity of soda dissolved in a little warm water.

All grains are said to be much better if cooked in a double boiler; this is more economical.

To preserve rice and hominy in the whole grain, they should be steamed; this will require much longer time than boiling. Rice, one and a half to two hours; hominy, three to four hours.

EGG CROQUETTES, NO. 1

Boil three eggs very hard, remove shells, dry and roll in flour; take two cupfuls of ground beef, two cupfuls of bread crumbs and two teaspoonfuls of chopped parsley, two beaten eggs, salt, pepper and a little mustard; mix all together thoroughly. If not moist enough to mould easily, add a little milk. Wrap each egg separately with this mixture and roll in cracker dust. Have ready a pan containing enough smoking hot lard to cover; drop in one at a time and brown. When all cooked, cut the eggs in half lengthwise and place on a platter and serve with the following sauce: Half can tomatoes, two onions cut fine, a piece of butter; salt and pepper to taste and thicken to the consistency of cream. Pour this around the eggs and garnish with parsley or watercress. Hamburg steak or sausage meat may be used instead of the beef.

—*Mrs. Ella W. Lowry.*

EGG CROQUETTES, NO. 2

Six hard boiled eggs, one cupful of bread crumbs, three ounces of grated cheese; mix together and season with salt, then add one well-beaten egg to make the ingredients stick together; mold, roll in egg, then cracker dust; fry in hot lard.

—*Mrs. E. L. Branson.*

SCRAMBLED EGGS, NO. 1

To six well-beaten eggs add one tablespoonful of butter, pinch of salt and six tablespoonfuls of cold milk, melt one ounce of butter in a chafing dish and when hot stir in the egg, stir constantly until done. Serve at once.

—*Mrs. E. L. Branson.*

SCRAMBLED EGGS, NO. 2

Pour half cupful of cream in a frying pan; when hot pour in six eggs, previously broken in a dish; cook slowly, stirring constantly, so that the eggs will be evenly done. Season with salt and pepper. Serve hot.

DEVILED EGGS

Boil eggs hard; when cold, remove shells, divide into halves, take out the yolks and rub smooth in bowl; adding

to taste salt, pepper, mustard and a little melted butter. Cut a small piece off of each half of the whites to form a cup. Into these cavities place the mixture and serve.

FRIED EGGS, WITH HAM

Have plenty of hot fat in the pan, break the eggs in a saucer and slide them gently into the pan; when the white begins to set tip up the pan a trifle and baste the eggs with the hot fat by pouring it over them with a spoon; this will cook the eggs on top, so it will not be necessary to fry them tough; remove from the pan one at a time with a pancake turner. Serve with fried ham.

OMELET, NO. 1

Three eggs, whites and yolks beaten separately, one cupful of milk, one cupful of fine bread crumbs, salt and pepper; this may be either baked in the oven or in a frying-pan, covered until turned.

—*Mrs. E. L. Branson.*

OMELET, NO. 2

Six eggs, whites and yolks beaten separately, add one teaspoonful of flour and a little salt, one cupful of milk to the yolks, then stir in the beaten whites, pour into a hot pan in which has been melted a tablespoonful of butter, cook on top of stove until set, then brown in oven, fold over, turn out onto a hot platter.

—*M. W. Mast.*

HAM OMELET

One slice of ham cut in small pieces, one ounce of butter, fry ham in the butter until a light brown; make an omelet of six eggs, one pint of milk and one teaspoonful of flour; mix and pour over ham; when brown turn, and serve at once.

—*Mrs. Laurence Shainline.*

APPLE OMELET

Separate four eggs, beat whites separately to a stiff froth, then add yolks; beat again, adding gradually two tablespoonfuls of powdered sugar. Have ready an omelet pan in which has been melted a tablespoonful of butter. Put in the mixture, bake, and when it begins to thicken, spread

over it a layer of apple sauce. Fold and serve with powdered sugar immediately. Any omelet may be spread with jelly, grated cheese, ham, etc., to taste.

CHEESE OMELET

Half pound of cheese, one pint of milk, two eggs, small lump of butter and one cupful of bread crumbs. Heat the milk and stir in the cheese. After cutting in small pieces, when dissolved, add the butter, a little salt and bread crumbs, then yolks of eggs, add the whites beaten to a froth. Mix well and bake in a buttered dish fifteen or twenty minutes.

—*Ivison.*

CHEESE PUDDING

Put layers of bread crumbs and cheese in pudding dish; pour over custard of two eggs and a pint of milk, and bake until custard is set.

—*Mrs. VanOrmer.*

CHEESE FONDU

Put in a small saucepan one tablespoonful of butter and one of flour; stir over the fire until they bubble, then add a gill of milk or cream, which must be stirred well to prevent from burning; when smooth stir into it three ounces of finely grated cheese, a scant saltspoonful of salt, small pinch of cayenne pepper; turn it into a bowl and stir into it the beaten yolks of two eggs. Thoroughly whisk the whites of three eggs solid; stir them in gently the last thing. Put into a well-buttered dish which should be only half full. Bake into a quick oven a golden brown; serve immediately.

—*Miss Beatrice Mast, Dover, Del.*

HASH CAKES

Take two cupfuls of cold mashed potatoes, one cupful of cold chopped meat, one small onion chopped fine, salt and pepper to taste. Mix all together thoroughly and make into small round flat cakes. Fry in hot butter and lard in skillet, turning so as to brown on both sides. Remove to platter; stick point of salted almond in top of each cake; garnish with parsley and serve hot.

—*Nebr.*

FRENCH RAREBIT

In a well-buttered agate dish put a layer of well-buttered bread, alternating with layers of grated cheese until the dish is full, the last layer of cheese on top; pour over this one cupful of milk into which two well-beaten eggs are mixed. Bake twenty minutes. —*Mrs. E. L. Branson.*

RAREBIT

Put in the chafing dish half pound of good, rich cheese, which has been grated, add a pinch of salt, a dash of pepper and four tablespoonfuls of rich cream; stir until melted and pour over crackers which have been previously steamed.

RICE PONE

Take a cupful of boiled rice, put it in a pint of milk, let it come to a boil to dissolve the rice; take a small bowl of corn meal, a piece of butter size of an egg and a little salt, pour boiling milk and rice over all, let stand until almost cool, then add the yolks of two eggs, beat the whites, mix, bake in a pudding dish three-quarters of an hour; eat with butter while hot.

—*Mrs. J. W. Heck.*

RICE CROQUETTES

Wash one cupful of rice and boil for one hour in one quart of milk, beat until smooth, add yolks of four eggs and cook ten minutes; take from the fire, add one tablespoonful of chopped parsley, a little salt and white pepper; turn out to cool, form, dip in egg and bread crumbs; fry in boiling fat.

—*Ivison.*

RICE AND MEAT CROQUETTES

One cupful of boiled rice, one cupful of finely chopped cooked meat, any kind; one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half cupful of milk, one egg. Put the milk on to boil and add the meat, rice and seasoning. When this boils add the egg well beaten; stir one minute. After cooling, shape, dip in egg and in crumbs; fry in boiling fat. Drain and serve.

RICE GRIDDLING CAKES

One cupful of cold boiled rice, one cupful of flour, half teaspoonful of sugar, a little salt, one teaspoonful of baking powder, an egg and a scant cupful of milk; sift flour, sugar, salt and powder, add rice diluted with beaten egg and milk, mix well into a smooth batter. Bake on hot griddle.

—*M. C. H.*

RICE AND CHEESE

Steam rice until tender, then add a small quantity of milk, small piece of butter, and grated cheese, and salt to taste, set on back of stove until cheese is melted. Serve.

—*Mrs. Asdrie.*

ICE

An excellent substitute for potatoes at dinner is rice, cooked in milk and well salted, put into a dish and browned in the oven; remove from the oven, make a hot lemon sauce, and pour over just before serving.

STALE BREAD GRIDDLING CAKES

Soak stale bread in sufficient milk to well cover the quantity of bread used; do this after dinner; when ready to mix for baking mash the soaked bread with a spoon until fine, add a little more milk if dry; two eggs well beaten, two tablespoonfuls baking powder and a little salt; add sufficient flour to make a thin batter. Bake on hot griddle. —*Gordon.*

POTATO DROP CAKES

Two cupfuls of mashed potatoes, add two cupfuls of warm milk, a tablespoonful of melted butter, two beaten eggs, half a cupful of prepared flour and half a teaspoonful of salt. Beat all together thoroughly and drop in spoonfuls on a greased griddle. Serve as soon as baked.

FLANNEL CAKES

Take four tablespoonfuls of flour, half teaspoonful of salt, a pinch of cream of tartar, half teaspoonful of soda, dissolved in a little hot water, one egg, yolk and white beaten separately, and one cupful of thick milk; sufficient to make twelve cakes.

—*Mrs. C. E. Binkley.*

BUCKWHEAT CAKES

Take two-thirds water and one-third milk, add salt, half cupful of yeast, use enough buckwheat flour to make a batter, at night; in the morning when ready to bake add quarter teaspoonful of baking soda dissolved in a little hot water. If all water is used add a tablespoonful of molasses; this is to make them brown nicely.

CORNMEAL PANCAKES

Two cupfuls of meal, a teaspoonful of salt, pour over boiling water to make a batter; stand until cool, then add yolks of three eggs, beat in flour to proper consistency, one and one-half teaspoonfuls baking powder. Just before baking add the whites beaten stiff. —*M. C. Hughes.*

BREAD AND MILK PANCAKES

Soak a pint of stale bread crumbs in a quart of rich milk, whip in a tablespoonful of melted butter, a teaspoonful of salt, three well-beaten eggs, and enough of flour to make a griddle cake batter. —*Mrs. J. W. Heck.*

QUICK WAFFLES

One pint of milk, three cupfuls of flour, one teaspoonful of salt, three eggs, one tablespoonful of butter and two heaping teaspoonfuls of baking powder; beat yolks of eggs until light, add milk, then flour and salt, beat well, add butter, melted; lastly the whites beaten stiff and the baking powder; mix thoroughly. —*Ivison.*

CORN PONE, NO. 1

One quart of sour milk, one quart of corn meal, one cupful of flour, three eggs, two tablespoonfuls of sugar, butter size of walnut (melted), one teaspoonful of soda, one and one-half of cream of tartar, salt to taste. Bake twenty or thirty minutes, in quick oven. —*Mrs. H. E. Russell.*

CORN PONE, NO. 2

Scald two cupfuls of corn meal, let cool, add one cupful of wheat flour, half cupful of fine white sugar, one teaspoonful salt, three teaspoonfuls of baking powder, one egg, one tablespoonful of melted butter and two cupfuls of sweet milk. —*C. E. B.*

APPLE FRITTERS

Pare and slice around the apple in rather thin slices, remove core, dip in a batter made with one egg, milk and flour with a little salt. Fry in hot fat.

SOUFFLE

One pint of chopped left-over meat, one pint of milk, one tablespoonful of butter, one tablespoonful of flour, one-half cupful of bread crumbs, one tablespoonful of chopped parsley, three eggs. Take the butter and melt it, stir into it one tablespoonful of flour, adding your milk, let come to a boil, add the bread crumbs and allow to cool about one minute; add the meat, the yolks, and last the whites of the eggs beaten to a stiff froth. Grease your baking pan and bake about twenty minutes.

—*Gordon.*



19. $\{x_i\}_{i=1}^n$ is a \mathbb{R} -basis for \mathbb{R}^n .



BREAD, BISCUITS, Etc.

A stone crock is considered the best vessel in which to set bread.

The sponge or dough should be kept at as even a temperature as possible and never allowed to stand uncovered or in a draft.

Flour should never be added after moulding it the first time, and this is the proper time to knead it thoroughly.

In recipes given for bread, rusk, etc., when brewers' yeast is given, if it is more convenient to use an yeast cake, enough of water must be added to make the same quantity of liquid.

When it is moulded the last time, grease the top with a little melted lard; this keeps a hard crust from forming when baking.

Much of the success depends on the temperature of the oven, and it is important to have it steady before placing the bread in.

Grease the bread on top as soon as it is removed from the oven, and let uncovered and slightly elevated, so the air can pass underneath.

After taking out the bread, the oven is in the right condition for rusk, rolls, etc.

Patent flours, the kind used these modern times, require a great deal more moisture than the old time flours, consequently it must be kneaded soft and not dry and hard.

The present methods of milling removes the necessity of making sponge for white bread, especially when compressed yeast is used.

Whole wheat bread requires less kneading than ordinary wheat bread. The oven should be just about the same temperature and it should be baked quite as long.

Bread should never be kept in a damp cellar or a damp closet.

Flour should always be sifted before using.

In making baking powder biscuit the dough should be as soft as can be handled and never should be rolled thinner than an inch.

BREAD

At noon, soak three-fourths of a cake of dry compressed yeast in a teacupful of lukewarm water; boil two or three medium-sized potatoes until soft, put potatoes in a crock, add one teaspoonful of sugar and a little salt, mash well, add the cupful of yeast and a cupful of water; let stand until bedtime, then add three cupfuls of warm water, then stir enough flour in to make a batter, beat hard ten minutes until smooth. In the morning add salt and enough sifted flour to stiffen so it will not stick to the hands; knead well, let rise until light, make into loaves, grease top with a little lard, let rise again. When light, bake nearly an hour. Sufficient for four good-sized loaves.

—*M. C. Hughes.*

RYE BREAD

Make a sponge of ordinary white flour and thicken with rye. Thus: Scald a pint of milk, add a pint of water, when lukewarm add to it one compressed yeast cake dissolved, stir in sufficient white flour to make a batter that will drop from a spoon, beat five minutes, cover and stand in a warm place until light; then stir in sufficient rye flour to make a soft dough that can be handled, knead until elastic. Rye flour is more or less sticky, so you cannot knead it dry; when it arrives at the stage of easy handling put at once into pans, when very light bake in moderate oven forty-five minutes.

WHOLE WHEAT BREAD

Scald a pint of milk, when it is lukewarm add one pint of cool water, a teaspoonful of salt, one compressed yeast cake dissolved in one-fourth cupful of lukewarm water; stir in slowly sufficient whole wheat flour to make a batter that will drop from the spoon; beat thoroughly, cover and stand in a warm place until light—two hours and a half to three hours. Then add sufficient flour to make a dough. Knead this lightly until it loses its stickiness for ten minutes or so.

Make it at once into loaves, put in greased pans, cover and stand in warm place until light. Brush with water and bake in a moderately quick oven three-quarters of an hour.

GRAHAM BREAD, NO. 1

Half cupful of New Orleans molasses, half cupful of sugar (white or brown), one egg, two cupfuls of sour milk, one rounding spoonful of baking soda, one scant tablespoonful of salt, four cupfuls of Graham flour. Dissolve soda in milk, beat sugar, egg and molasses well, add other ingredients, turn in well-greased pans, and bake in moderate oven at once for half hour with pan over it, the other half uncovered.

—*Mrs. Caswell.*

GRAHAM BREAD, NO. 2

One cupful of white flour to four cupfuls of Graham flour, wetting the same as wheat bread, one tablespoonful of sugar, stir in the Graham flour first and knead in all the flour till it does not stick; put into pans to rise for baking; when light bake in a slow oven about an hour.

BOSTON BROWN BREAD

Two cupfuls of sour milk, thick, one cupful of sweet milk, three-fourths cupful of molasses, two teaspoonfuls of soda, two cupfuls of corn meal, one cupful of Graham flour, salt to taste. Stir molasses, soda and salt into the milk, then add meal and Graham flour; pour into buttered dish, cover and steam steadily for three hours.

—*Mrs. Pond.*

BOSTON BROWN BREAD

Two cupfuls of yellow meal, three cupfuls of rye flour, one teaspoonful of salt, one cupful of molasses, one teaspoonful of baking soda, dissolved in a pint of boiling water. Mix all together, put in tin buckets, boil two hours, then put in the oven for half an hour. This will make two loaves.

—*Mrs. Jas. C. Barton.*

MUSH BREAD

Add half cupful of lukewarm water to one and one-half cupfuls of warm mush, just boiled, half cupful of yeast, salt to taste; beat all together, stir in wheat flour with a spoon

to make a stiff dough; remove the spoon, let stand over night or until light, and scrape in a well-greased pan, bake in a moderate oven nearly an hour. —*M. C. H.*

SARATOGA BREAD

One pint of milk, piece of butter or lard size of an egg, two eggs, one cupful of yeast; make a stiff batter; let rise from noon until time for tea, and bake quickly.

—*Mrs. E. L. Branson.*

CORN BREAD, NO. 1

One and one-half cupfuls of flour, one and one-half cupfuls of corn meal (sift together), one cupful of sugar, two cupfuls of butter milk or sour milk, a little salt, two eggs, two tablespoonfuls of melted butter, one teaspoonful of soda.

—*L. B. I.*

CORN BREAD, NO. 2

One cupful of corn meal, one cupful of flour, one egg, two teaspoonfuls of baking powder, milk to make batter.

—*Mrs. Howard Thorne.*

BISCUIT

Dissolve one tablespoonful of butter in one pint of hot milk, when lukewarm stir in one quart of flour and one beaten egg, a little salt and a teacupful of yeast; work into a smooth dough; in cold weather set in a warm place to rise, but if warm set in a cool one; in the morning work softly; roll out half inch, cut into biscuits; let rise thirty minutes; bake. Delicious.

—*Mrs. C. E. B.*

LITTLE TEA BISCUIT

To make twenty-four little tea biscuits use one cupful of milk, one heaping tablespoonful of lard, one teaspoonful of salt, two teaspoonfuls of baking powder; sift cupful of flour and rub in the lard and salt; stir in the baking powder and then the milk, adding flour enough to handle easily. This dough must not be stirred or moulded very much as the biscuits are better if baked while the baking powder is effervescent. Roll the dough half an inch thick and cut with a sharp cutter about an inch or two in diameter. Bake in a

well-buttered tin in a quick oven about twenty minutes, or until a golden brown; turn out on a soft cloth and cover with a napkin until ready to serve. —*Mrs. Harry Walker.*

MARYLAND BISCUIT

Three and a half pounds of sifted flour, half pound of best lard, a good quantity of salt, one and one-fourth pints of ice cold water; make a very stiff dough, beat hard half an hour or longer with the sharp edge of a hatchet; make into small cakes and bake twenty minutes in a hot oven.

—*Mrs. D. H. Weaver.*

WHOLE WHEAT FLOUR BISCUIT

One teacup of yeast, one tablespoonful of sugar, butter size of walnut, one pint of milk, salt to taste and flour in proportion to one-third white and two-thirds whole wheat flour; scald milk, add butter, when lukewarm add yeast and sugar; stir in white flour to make a sponge, beat, then cover and stand in a warm place to rise; when light add sufficient flour to make a dough stiff enough to handle; knead thoroughly, let rise; mould into biscuits and place in well greased gem pans; when light bake in a moderately quick oven.

—*M. C. Hughes.*

POTATO BISCUIT, NO. 1

One cupful of fresh mashed potatoes, three-fourths cupful of butter, or butter and lard mixed, one cupful of brewers' yeast, a little salt; mix the above 8.30 or 9 o'clock in the morning; let rise two or three hours; then add three eggs beaten light and enough flour to stiffen; let rise again and when light turn out on board and roll without kneading; cut, let rise again and bake half hour. —*Mrs. Rodney Martin.*

POTATO BISCUIT, NO. 2

Pare six large potatoes, boil and when soft rub through the colander; when cool stir in a cupful of yeast; when raised very light take a quart of warm milk, small cupful of white sugar, little salt, three tablespoonfuls of lard and one of butter; mix all with the potatoes, sift flour and work middling

stiff, roll thin and cut in cakes; stand half an hour; bake in quick oven. These put to rise in the morning will be ready for tea in the evening.

—*Mrs. Grier Hoskins.*

PARKER HOUSE ROLLS

Pour a pint of scalded milk over a tablespoonful each of butter and lard, and teaspoonful each of salt and sugar. When sufficiently cool, add one cake of yeast that has been dissolved in half cupful of lukewarm water, flour enough to make thin batter. Do this at 8.30 in the morning, stand away until 1 o'clock, then knead enough flour to make a soft dough; stand in warm place until 4.30 o'clock; roll out, cut with small round cake cutter; set in warm place until very light, then bake.

—*Mrs. S. W. Finnigan.*

CRESCENT ROLLS

Half pint of scalding milk, two ounces of butter, half teaspoonful of salt, one tablespoonful sugar, one yeast cake dissolved in two tablespoonfuls of lukewarm water. Mix all together and add sufficient flour to make soft dough, beat well. Knead until it loses its stickiness; put in a bowl and let rise until it is twice its bulk; turn out on board, roll carefully (do not knead), shape; put in pans, let rise, bake in hot oven fifteen minutes.

—*Mrs. S.*

GRAHAM GEMS

One pint of milk, one teaspoonful of salt, one tablespoonful of melted butter, three cupfuls of Graham meal, three eggs, two teaspoonfuls of baking powder; beat yolks of eggs and add to milk, salt, meal and butter; give the whole a vigorous beating; add whites of eggs, beaten stiff, and baking powder. Bake in gem pans in a quick oven thirty minutes.

—*Ivison.*

GRAHAM CRACKERS

One cupful of sugar, one-third cupful butter, white of an egg; beat all together until light; one teaspoonful of cream of tartar and half teaspoonful of soda, half cupful of water, add Graham flour to make stiff enough to roll. Roll very thin, cut in squares, prick with fork and bake.

—*Mrs. S. Jones.*

PLAIN BUNS

Three eggs beaten light, one teaspoonful of salt, one-half cupful of powdered sugar, one pint of scalding milk, three ounces of melted butter; pour the milk very slowly over the eggs, sugar and butter, beating all the time, then add the flour till it is a thick batter; one cake of yeast dissolved in lukewarm water; add flour until stiff enough to mould. Bake in small round biscuits or rolls. Brush over with melted butter before baking.

“WATER GAP HOUSE” MUFFINS

Half pound of powdered sugar, half pound of butter, one quart of milk, six eggs, two and a half pounds of flour, four heaping tablespoonfuls of baking powder; cream sugar and butter together; add milk, eggs and flour. This makes forty muffins.

—*Ivison.*

MUFFINS

Two eggs, two cupfuls of milk, one tablespoonful of melted butter, a pinch of salt, two teaspoonfuls of baking powder, three and a half cupfuls of flour and a teaspoonful of sugar.

—*Miss M. Finnigan.*

POPOVERS

Two eggs, two cupfuls of milk, two cupfuls of flour and one teaspoonful of baking powder, little salt; rub salt and powder through the flour; stir milk and eggs gradually into the flour; beat a little, bake in gem pans in a quick oven; serve hot.

—*Gordon.*

RUSK

At night: Take two small or one large potato, boil, mash, and mix with half cupful of sugar; let cool sufficiently and add half yeast cake dissolved in one cupful of warm water, add a little salt; keep warm. In the morning: Add half cupful of sugar with one tablespoonful of lard mashed in and one egg slightly beaten and enough flour to make it stiff, not quite as stiff as for bread. Let rise very light, mould in biscuit; let rise and bake in a moderate oven.

—*Mrs. H. Taggart.*

CINNAMON BUNS

Take part of the rusk dough (made as described above), when very light roll out on board about a fourth of an inch in thickness; spread with very soft butter, brown sugar and cinnamon, dried currants if desired; roll and cut in buns about one and one-half inches wide; have baking pans well greased, put brown sugar in about a fourth of an inch deep, then buns. When very light bake in moderate oven. When baked, run knife around sides of pan, turn out on plate with bottom side up.

—*Mrs. Howard Taggart.*

MORAVIAN SUGAR CAKES

One pint of sweet milk, one cupful of sugar, two eggs, one cupful of yeast, one cupful of melted butter and lard mixed, salt to taste; take milk and yeast and add flour enough to make a sponge about 5 o'clock; before retiring add the sugar, salt, butter, lard and beaten eggs; knead to a stiff dough. On the following morning roll out, put it in a pan, let rise; when light make holes on top by pinching with end of thumb and forefinger, fill with butter; mix sugar, light brown, cinnamon, a very little flour, sprinkle over; bake in a quick oven twenty minutes.

—*Mrs. C. E. B.*

CHEESE STRAWS

One teaspoonful of butter, one egg, one-half cupful of flour, three tablespoonfuls of grated cheese, pinch of salt and a tiny pinch of cayenne pepper; work the butter in the flour, add cheese and seasoning; make into a paste with the egg; roll into a thin sheet, cut in strips four inches long and one-fourth inch wide; bake in a moderate oven until light brown.

—*Mrs. E. L. Branson.*



2004-2005

PIES, PUDDINGS, Etc.

The secret in making good pies is to use as little water as possible to get the dough in shape; second, to have the oven at the right temperature.

The under crust should be the thicker.

In making fruit pies, better results may be obtained by sprinkling the flour and the sugar on the bottom before putting in the fruit.

Pastry is improved by being kept on ice a few hours before using, and for convenience may be kept this way for several days, to be used as needed.

Puff paste is much better made with butter only.

If the juice of a fruit pie is thickened with a little flour or cornstarch it will help to keep it from boiling over.

To prevent the juice from soaking through the bottom, brush the white of an egg over the lower crust.

By the addition of baking powder to the flour in making pie dough, it will make it nice and flaky, and less shortening will be required.

Pies, when baked on tin plates, should be transferred as soon as removed from oven. If the plates are heated first, this will prevent them from becoming soggy on the bottom.

The mold should be well greased before the mixture is put in before steaming a pudding, and if the pudding is to be boiled the bag should be rung out of hot water and well floured, and be sure to have the water boiling before dropping it in.

Much longer time is required to steam a pudding than to boil it, but the former method is preferred.

In making puddings eggs should always be beaten separately.

In fruit pudding always dredge the fruit well with flour before stirring it in.

Plunge the mold into cold water for a few seconds and turn the pudding out immediately, and thus prevent from sticking.

PIE CRUST, NO. 1

One cupful of flour, one tablespoonful of lard, pinch of salt; moisten with enough ice water to roll out. Sufficient for one crust. —*Miss Finnigan.*

PIE CRUST, NO. 2

Four cupfuls of flour, one cupful of lard, half teaspoonful of baking powder, half teaspoonful of salt. Rub well together and add enough cold water to make a stiff dough; roll very thin. Sufficient for two pies. —*Mrs. Rodney Martin.*

CHICKEN PIE CRUST

Take a quart of flour and mix with it two teaspoonsfuls of baking powder, a little salt and one teacupful of lard; moisten with sweet milk sufficient to roll. Roll out once, spread with butter, lap over and roll again; ready to put on pie.

APPLE MERINGUE PIE

Line a pie plate with crust and fill with stewed apples; lake until crust is done, then cover with a meringue made of the whites of eggs and powdered sugar, using one tablespoonful of sugar to each white. Two whites will be required for each pie. Return to oven to brown.

BUTTERMILK PIE

One pint of buttermilk, one pint of sweet milk, three tablespoonfuls of flour, one and one-half cupfuls of sugar, two eggs, nutmeg to taste. —*Mrs. T. S. Gilbert.*

CRANBERRY PIE

Take a heaping cupful of ripe cranberries and with a sharp knife split each one; put them in a vegetable dish; add one cupful of white sugar, half a cupful of water scant, a tablespoonful of sifted flour; stir it all together and put into the crust, cover with crust and bake slowly in a moderate oven.

—*M. C. H.*

CREAM PIE, NO. 1

One pint of sweet cream, one cupful of sugar, half cupful of flour, yolks of two eggs; bake with under crust; spread over top a meringue made of the whites of the eggs and brown in oven.

—*Mrs. E. P. Dickinson.*

CREAM PIE, NO. 2

Three eggs beaten separately, one cupful of sugar, one cupful of flour, three tablespoonfuls of milk, two teaspoonfuls of baking powder; beat yolk and sugar light, add the whites, then the flour and last the baking powder. Bake in two pie tins fifteen minutes. When cool split and put the following cream between:

Cream.—One small cupful of sugar, two eggs, two teaspoonfuls cornstarch dissolved in one-half cupful of milk; stir this in one pint of boiling milk, teaspoonful of vanilla, boil two minutes; when cold use. Sprinkle sugar over top.

CREAM CUSTARD PIE

Bake the crust first; one cupful of milk, two teaspoonfuls of cornstarch, half cupful of sugar, yolks of two eggs, flavor with vanilla. Cook and let cool, put in the crust and make a meringue of the whites of two eggs and two tablespoonfuls of pulverized sugar; place on top and brown.

—*Mrs. Howard Ash.*

ORANGE PIE

Juice and grated rind of two oranges, one pound of sugar, butter size of an egg, one cupful of boiling water, one tablespoonful of cornstarch, four eggs. Cook all together, cool and bake with two crusts. Sufficient for two small pies.

—*Mrs. Howard Ash.*

ORANGE CREAM PIE

Beat thoroughly the yolks of two eggs, with one-half cupful of sugar; add one heaping tablespoonful of flour, one even tablespoonful of cornstarch dissolved in milk, pour into one pint of boiling milk and let cook about three minutes; let cool and flavor with extract of orange and pour into a

baked crust. Beat the whites of two eggs to a stiff froth, add one-half cupful of sugar; flavor with extract of orange, spread on top, put into the oven and let brown slightly.

—*Mrs. George.*

CUSTARD PIE

Beat the yolks of three eggs thoroughly; mix well one tablespoonful of sifted flour into three tablespoonfuls of sugar; add to the yolks a pinch of salt and flavor to suit taste; add the well-beaten whites of the eggs and lastly a pint of milk that has been scalded and cooled; mix in slowly and pour into a deep pie dish that has been lined with paste; bake half an hour.

COCOANUT CUSTARD

Three eggs, half cupful of sugar, half cupful of cocoanut soaked in a pint of milk; bake with an under crust.

—*Mrs. Rodney Martin.*

DRIED PEACH FLORENDINES

Stew peaches in as little water as possible; put them through the colander and thin with cream or milk; sweeten to taste and flavor with nutmeg or lemon. For every pie beat one egg very light and add just before filling the crust. Beat the white of one egg, one tablespoonful of sugar and a little lemon juice for each pie and spread over top and brown in oven. Dried apples may be used in the same way.

GRAPE PIE

One egg, one teacupful of sugar, one tablespoonful of flour, one heaping teacupful of grapes; beat the egg, add sugar, beat together, then add grapes and flour; bake with two crusts. Rhubarb is good used in the same way.

—*M. C. Hughes.*

LEMON PIE

Grated rind and juice of one lemon, one cupful of sugar, one cupful of water, one egg, one tablespoonful of corn-starch, a little grated nutmeg; bake with two crusts. The

foregoing recipe, using the yolks of two eggs, reserving the whites for the meringue, and a small piece of butter, will make a good custard.

—*Mrs. W. R. Hughes.*

LEMON MERINGUE, NO. 1

Two cupfuls of sugar, two cupfuls of water, yolks of three eggs, juice and grated rind of one lemon, two tablespoonfuls of butter, two tablespoonfuls of cornstarch; boil and pour into baked crusts; make a frosting of the whites and brown in oven.

—*Mrs. Wm. Fritz Russell.*

LEMON MERINGUE, NO. 2

Beat the yolk of three eggs until light, add one tablespoonful of butter and one cupful of granulated sugar, beat again; mix together two tablespoonfuls of flour with the juice and rind of one lemon, and pour over one large cupful of boiling water; steam this all together in a double boiler until quite thick; bake your crust first, then pour in the custard.

Meringue.—Whites of the eggs beaten to a stiff froth, add two tablespoonfuls of sugar, brown in oven. Sufficient for one large pie.

—*Mrs. J. W. Heck.*

LEMON CUSTARD

One and one-half cupfuls of sugar, squeeze the juice of one lemon over it, grate the remainder of the lemon, then stir together; add one tablespoonful of butter, yolks of four eggs and one heaping tablespoonful of flour; beat all together, same as for a cake; than add one and one-half pints of boiling milk; when cool, stir in whites of four eggs beaten stiff, put in pastry shells and bake. Sufficient for two pies.

—*Mrs. Herbert C. Prague.*

MONTGOMERY PIE

One cupful of sugar, one cupful of table molasses, little less than a pint of water, two tablespoonfuls of flour, juice and grated rind of one lemon, and an egg. Mix well together and fill in the pie crust. Make a batter of two cupfuls of granulated sugar, one egg, one cupful of thick

milk, half cupful of lard and butter mixed, two cupfuls of flour, one teaspoonful of soda dissolved in milk, and drop this mixture over the lemon filling and bake. Sufficient for five crusts.

—*Mrs. Jas. R. Pawling.*

MOLASSES PIE

Put into a pan one and a half cupfuls of molasses, one-half cupful of vinegar, two tablespoonfuls of flour mixed with a little water, a little lemon juice and grated peel or nutmeg and an egg well beaten. Mix well together; line two dishes with plain paste and pour the mixture in; cut narrow strips of the paste and cross over top of the pie.

TAYLOR PIE

Yolks of three eggs, one cupful of sour cream, one cupful of sugar, flavor with essence of lemon; make an icing with the whites of three eggs, one cupful of powdered sugar and flavor with essence of lemon. Sufficient for two pies.

—*Mrs. T. S. Gilbert.*

WASHINGTON PIE

One egg, one cupful of sugar, one-third of a cupful of butter, half cupful of sweet milk, one teaspoonful of cream of tartar, half teaspoonful of soda, one and one-third cupfuls of flour; mix and bake on three round tins; when done spread jam, jelly or any kind of fruit between and eat with corn-starch sauce.

SHOO-FLY PIE

Make a crust and line your pie plates; rub together fine, three cupfuls of flour, one cupful of sugar and one cupful of butter and lard mixed; then mix together one cupful of New Orleans molasses, one cupful of hot water, one tablespoonful of soda scant; pour this last mixture into the crust and sprinkle the crumbs over it until they are all used. Sufficient for one large or two small pies.

—*Mrs. H. Taggart.*

MINCE MEAT, NO. 1

Three pounds of shoulder clot beef well cooked and chopped exceedingly fine; cook without salt, one-half peck of

apples chopped fine, two pounds of raisins, one pint of New Orleans molasses, sugar, cloves, ginger, nutmeg and salt to suit taste; moisten with vinegar when ready to use. Keep in air-tight jar.

—*Gordon.*

MINCE MEAT, NO. 2

Four pounds of beef, one pound of suet, half peck of apples, two pounds of raisins, one pound of currants, half pound of citron, rind of three lemons, chopped fine, and juice, cinnamon, mace, nutmeg to taste, one quart of molasses, four pounds of sugar; thin with juice of any kind of fruit and mix thoroughly.

—*Mrs. J. W. Heck.*

APHEL KUCHEN

Mix together one pint of flour, two teaspoonfuls of baking powder, one tablespoonful of lard, one teaspoonful of butter, two teaspoonfuls of sugar, half a teaspoonful of salt, one cupful of milk and water, one egg. Press out flat in pan with hands and cover with sliced apples, lumps of butter and a little cinnamon.

—*Miss M. Finnigan.*

APPLE KOKER

Mix well one-half teaspoonful of salt and one teaspoonful baking powder with two cupfuls of sifted flour; beat one egg light, add three-quarters of a cupful of sweet milk and stir it into the flour; use more milk if needed to make dough soft enough to spread half an inch thick on a shallow baking pan. Pare and quarter tart apples and lay in parallel rows on top of the dough and press into the dough slightly. Sprinkle two tablespoonfuls of sugar over the apples; bake in hot oven twenty minutes. Remove to platter and serve with

Lemon Sauce.—Mix well three teaspoonfuls of cornstarch with three-fourths cupful of sugar; add cupful and a half of boiling water; stir well and cook ten minutes; add the grated rind and juice of one lemon and a small piece of butter.

APPLE DUMPLINGS

One pint of flour sifted into a bowl of one teaspoonful of baking powder, lard and butter mixed, size of an egg; a

pinch of salt; then mix all together and use milk enough to make a soft dough. Divide the dough into six equal parts, roll out into long strips three inches wide, have the apples sliced into thin pieces and roll them up as you would cinnamon buns; place them in a deep dish. Then take half cupful of white sugar, one teaspoonful butter, one cupful of boiling water; pour this over the dumplings; bake in a quick oven to a light brown.

—*Mrs. H. S. Conner.*

APPLE DUMPLINGS, POTATO CRUST

Boil six large potatoes, mash, add a little milk, one egg, little salt; beat all together thoroughly, then add a teaspoonful of baking powder; add enough flour to roll out; form around tart apples and pin each dumpling in a cloth to boil or steam.

—*Ivison.*

APPLE PUDDING

One pint of flour, one cupful sugar, butter size of a small egg; rub well together; dissolve scant half teaspoonful of baking soda in a pint of thick milk; mix all well together. Slice apples, put in pudding dish, sprinkle with sugar, and pour the mixture over it. Bake in moderate oven.

—*Mrs. Clara E. Binkley.*

BROWN BETTY

Grease a pudding dish, put into this a layer of nice cooking apples (sliced), then a layer of bread crumbs with sugar and cinnamon sprinkled over and small bits of butter; for three large apples use one cupful of bread crumbs, half cupful of sugar and a piece of butter size of an egg, and put a layer of bread crumbs on the top; bake. To be eaten with cream.

—*Mrs. Grier Hoskins.*

CHERRY OR HUCKLEBERRY PUDDING

Two cupfuls of flour, one cupful of sugar, one cupful of sweet milk, two eggs, two tablespoonfuls of butter, two teaspoonfuls of baking powder, one pint of berries; bake one hour in a moderate oven.

—*Mrs. C. E. Binkley.*

COTTAGE PUDDING

One egg, one cupful of sugar, one cupful of milk, butter size of an egg, one pint of flour, two teaspoonfuls of baking powder, salt to taste.

Sauce.—One egg, one cupful of sugar, one teaspoonful of flour, small lump of butter, add boiling water, let come to a boil; flavor with vanilla. —*Mrs. Wm. Fritz Russell.*

BATTER PUDDING

One cupful of milk, two tablespoonfuls of flour, two tablespoonfuls of butter and four eggs; let the cupful of milk come to a boil in the double boiler, adding sugar before it boils; rub flour and butter together to a smooth paste; then add to this a little at a time of the milk and sugar until it is all thoroughly mixed together. Then turn back into the boiler and cook ten minutes, stirring all the while. Now add yolks of eggs well beaten and set aside to cool. Do this half hour before time to bake. Just before baking add whites of eggs beaten very light; bake thirty minutes in a moderate oven. Serve with the following sauce:

Sauce.—One cupful of powdered sugar, two tablespoonfuls of butter, whites of two eggs, three-fourths of a cupful of boiling water, flavoring: cream, butter and sugar until light; add boiling water, stirring all the while. This must be in a vessel over a kettle of boiling water; add whites beaten stiff. Serve immediately. —*M. C. Hughes.*

BREAD PUDDING

Two cupfuls of grated bread crumbs, one quart of milk, juice and rind of one lemon, one cupful of sugar, yolks of three eggs, small piece of butter; beat whites to a stiff froth and spread on top. —*Mrs. F. H. Holland.*

BREAD AND BUTTER PUDDING

Place a layer of stale bread or cake, rolled fine in the bottom of a pudding dish; then a layer of any kind of fruit, sprinkle with a little sugar, then repeat until the dish is full; the top layer being crumbs. Make a custard as for pies; add a pint of milk, mix; pour over top of pudding and bake until the fruit is cooked. —*Miss H. Rhodes.*

CHOCOLATE PUDDING

One pint of milk, three eggs, half cupful of sugar, one tablespoonful of cornstarch, two tablespoonfuls of chocolate; dissolve the cornstarch in a little of the milk; heat remainder to almost boiling; remove from fire, add the dissolved cornstarch and pour over the yolks of the eggs beaten light with the sugar and grated chocolate; return to fire, boil till thick; just before it is done add the whites beaten very light. Flavor with vanilla and pour into molds. Serve cold with whipped cream, sweetened and flavored with vanilla.

—*Mrs. J. H. Hershey.*

BAKED CHOCOLATE PUDDING, NO. 1

One cupful of grated bread crumbs, two cupfuls of sweet milk, one ounce of chocolate, half cupful of sugar, one tablespoonful of butter, two eggs, half cupful chopped nut meats of any kind. Soak the crumbs into half of the milk; melt the chocolate over hot water, add sugar, remainder of milk, butter. Mix well and pour over the beaten yolks of the eggs; add bread, little cinnamon and vanilla, then the nuts. Turn into a buttered pudding dish, bake half hour, let cool. Serve with meringue sauce, as follows: Boil half a cupful of sugar and one-fourth cupful of water until it threads; pour over the stiffly beaten whites, beat several minutes; flavor with vanilla. Serve at once. —*M. C. H.*

BAKED CHOCOLATE PUDDING, NO. 2

Beat two tablespoonfuls of butter, one cupful of sugar and the yolks of two eggs until light; add two ounces of melted chocolate, beat again; one gill of milk, one and one-half cupfuls of flour, one heaping teaspoonful of baking powder and the whites of two eggs well beaten; bake in moderate oven forty minutes. Serve with sauce or cream, warm or cold.

CARAMEL PUDDING

Contents of half a box of gelatine dissolved in half pint of cold water, whites of eight eggs beaten very stiff; melt to a syrup two cupfuls of granulated sugar, then add half pint of water; stir constantly. When all is melted add gelatine;

beat all of this in the whites, beat fifteen minutes; add lastly half a teaspoonful of vanilla. Put in mold and place on ice.

Sauce.—One pint of milk, three tablespoonfuls of sugar, two eggs. Cook in a double boiler; flavor with vanilla.

—*Ivison.*

FRUIT PUDDING

Three cupfuls of flour, one cupful of molasses, one cupful of suet chopped fine, one cupful of sweet milk, one teaspoonful of baking soda dissolved in a little hot water, half teaspoonful of salt, one and a half teaspoonfuls of cinnamon, one teaspoonful of cloves, a little nutmeg, half pound each of raisins and currants, washed and dried; mix, put in a mold, steam four hours. Serve with hard sauce.

Sauce.—One pound of pulverized sugar, white of an egg beaten light, three-fourths of a cupful of butter; flavor with vanilla.

—*Mrs. I. Vannan.*

SUET PUDDING

One cupful of raisins, chopped fine; one cupful of brown sugar, one cupful of sour milk, one cupful of suet, chopped fine; one cupful of flour, one teaspoonful of nutmeg, one teaspoonful of cinnamon and one teaspoonful of soda; mix all together and steam three hours. Serve with sauce.

—*Mrs. A. Long.*

ENGLISH PLUM PUDDING

One pound of raisins, one pound of suet, three-fourths of a pound of stale bread crumbs, one-fourth of a pound of brown sugar, one-fourth of a pound of flour, one pound of currants, half of a nutmeg, grated rind of one lemon, four eggs, one-half pint of milk, half a pound of citron, one teaspoonful of baking powder; beat eggs, add to milk; mix all dry ingredients together and stir in. —*Mrs. W. N. Grant.*

STEAMED RAISIN PUDDING

Two cupfuls of sour milk, one cupful of molasses, half cupful of sugar, one teaspoonful of soda, one teaspoonful of salt, spices as preferred, one heaping cupful of raisins, seeded; add flour to stir very stiff. Steam three hours and serve with sour sauce while hot. —*Mrs. Nettie M. Weaver.*

PLUM PUDDING

One cupful of New Orleans molasses, one cupful of sweet milk, one cupful of raisins, one cupful of currants, one cupful of suet chopped fine, three cupfuls of flour, a little nutmeg, half a teaspoonful of baking powder and a little salt; mix and put in a well-greased pudding mold and steam three hours. Serve with lemon sauce.

Sauce.—One cupful of sugar, butter size of an egg, one egg beaten light, juice and grated rind of one lemon, half cupful of boiling water; cook in double boiler until thickens.

—*Miss Maggie A. Scott.*

INDIAN PUDDING

Add to one quart of boiling milk two well-beaten eggs, three tablespoonfuls of Indian meal, one heaping tablespoonful of flour, a little salt. Bake three-quarters of an hour. Serve with sugar and cream. —*M. C. Hughes.*

KANSAS PUDDING

Half cupful of butter, one and a half cupfuls of sugar, one cupful of sweet milk, three cupfuls of flour, one teaspoonful of soda, two teaspoonfuls of cream of tartar, two eggs, one cupful each of raisins and currants, nutmeg; beat butter and sugar; add yolks of eggs; dissolve soda in milk, add cream of tartar with flour and a little salt, mix; sprinkle a little flour on fruit, add lastly the whites of the eggs beaten to a froth; steam three hours. Serve hot with sugar and cream or sauce. Cherries, blackberries or any kind of fruit is delicious with this mixture. —*A Member.*

LEMON CUSTARD PUDDING

Juice and grated rind of two lemons, one heaping cupful of sugar, one heaping tablespoonful of flour, one teaspoonful of corn starch, butter size of walnut, two eggs, three cupfuls of hot water, a little salt. Mix sugar, flour, cornstarch, and salt well together; add to the beaten yolks and lemons, add butter; pour the boiling water on and boil in double boiler; beat the stiffly beaten whites into the hot mixture, or make a meringue and brown. Serve cold with or without sugar and cream. —*M. C. Hughes.*

MARSHMALLOW PUDDING

Dissolve two teaspoonfuls of powdered gelatine in a half cupful of boiling water, set aside to cool; beat the whites of three eggs very stiff; add to this one cupful of granulated sugar, flavor to taste; add slowly the dissolved gelatine and beat constantly for fifteen or twenty minutes, or until quite thick. Put into molds or in a dish and set in a cold place.

Sauce.—Put two cupfuls of milk in a boiler and heat to near boiling point; add the beaten yolks of three eggs, to which has been added a teaspoonful of corn starch dissolved in a little cold water and half cupful of sugar, flavor and stir constantly, removing from fire at first as soon as it reaches the boiling point. —*Mrs. Ella M. Lowry.*

MERINGUE PUDDING

Soak one pint of bread crumbs in a quart of milk until soft, yolks of four eggs beaten light, piece of butter size of walnut and the grated rind of a lemon or an orange. Mix all together and bake, not too long or will be watery. Beat the whites of the egg to a stiff froth with a large teacupful of pulverized sugar and the juice of the lemon or orange to form the icing. Put on top of pudding and brown in moderate oven. To be eaten cold. —*Mrs. C. B. Conner.*

ORANGE PUDDING

Cut five sweet oranges in a dish with one cupful of sugar; take one pint of milk, one tablespoonful of cornstarch and the yolks of four eggs; let it come to a boil and pour over the oranges. Beat the whites of four eggs with two tablespoonfuls of sugar; spread over the top and brown.

—*Mrs. E. L. Branson.*

PEACH OR APPLE PUDDING

Fill a buttered baking dish with sliced apples, pour over top a batter made with one teaspoonful of butter, half cupful of sugar, one egg, half cupful of milk, one cupful of flour, one teaspoonful of baking powder; bake in a moderate oven. Serve with sauce. —*M. R. Finnigan.*

PEACH PUDDING

Six large peaches, one pint of flour, one egg, three-fourths of a cupful of milk, half teaspoonful of salt, two tablespoonfuls of sugar, one teaspoonful of baking powder, butter size of an egg; rub butter into flour, add salt, sugar and baking powder; beat the egg until light, then add milk and stir this into the flour mixture. Beat thoroughly and pour into greased baking dish. Have batter about an inch thick. Pear peaches, cut in half, put over the batter and fill the holes with sugar. Bake in a moderate oven. Serve with sugar and cream.

—*Mrs. H. Taggart.*

STRAWBERRY OR PEACH SHORT CAKE

One quart of sifted flour, two heaping teaspoonfuls of baking powder, one teaspoonful of salt, three teaspoonfuls of sugar, two tablespoonfuls of butter; add enough water or sweet milk to make a soft dough; bake in two layers, butter and spread fruit between, previously sprinkled with pulverized sugar.

—*Mrs. C. E. Binkley.*

QUEEN OF PUDDINGS

Soak one pint of bread crumbs in one quart of new milk, when quite soft add the yolks of four eggs, beaten; sweeten with a cupful of white sugar; flavor with the grated rind of one lemon; bake until firm, like custard. Beat the whites of the eggs to a stiff froth, stirring in gradually four tablespoonfuls of granulated sugar. Spread over the top of the pudding a layer of tart jelly and over this the meringue; bake in a slow oven until a light brown. The addition of raisins, currants and figs make it even more delicious.

—*Ivison.*

RASPBERRY TAPIOCA

One cupful of tapioca, soaked over night; put one pint of boiling water in a porcelain kettle, add tapioca and simmer slowly until tapioca is perfectly clear; stir in one quart of raspberries while boiling; sweeten to taste; remove from fire, turn into dish in which it is to be served. Serve cold with sugar and cream.

—*Mrs. F. H. Holland.*

TAPIOCA AND RICE

Three tablespoonfuls of rice, two tablespoonfuls of tapioca, four tablespoonfuls of sugar, small piece of butter, a little nutmeg, a pinch of salt and a quart of milk; soak tapioca until soft; add rice and proceed as for rice pudding; stir occasionally while baking.

—*A Member.*

TAPIOCA PUDDING

One quart of milk, one heaping cupful of tapioca, after being soaked, yolks of two eggs, and one scant cupful of sugar. Mix, place in pudding basin, stir until it begins to boil; remove from the stove and flavor with vanilla. Make a meringue of the whites of the eggs; put on pudding and brown in oven.

—*Mrs. C. B. Conner.*

SNOW PUDDING

Moisten the contents of half box of gelatin in half cupful of cold water; add to it a hot syrup made from half pint of water, rind of one and juice of two lemons and three-fourths of a cupful of sugar; strain and let it remain until nearly cold and beginning to set; add the beaten whites of two eggs; beat ten minutes. Pile high in a glass dish and serve with a thin custard sauce.

—*Mrs. Charles Jones.*

YELLOW AND WHITE PUDDING

White.—One pint of boiling milk, three eggs (whites beaten to a froth), three tablespoonfuls of cornstarch, three tablespoonfuls of sugar; pour in mold to cool before serving. Pour over the following sauce:

Yellow.—One pint of boiling milk, three tablespoonfuls of sugar, yolks of three eggs; flavor with vanilla; let come to a boil.

—*Mrs. Wm. Fritz Russell.*

SAUCES

STRAWBERRY SAUCE

Beat to a cream two ounces of butter, add gradually one cupful pulverized sugar, beating all the while; mash twelve or more nice ripe strawberries, add one at a time to the mixture; beat thoroughly, then add one unbeaten white of egg; beat well; add another white, beat again; put on ice until wanted. Make raspberry sauce the same way.

—*Interested.*

WHIPPED CREAM SAUCE

One large cupful of sweet cream, whites of three eggs, three tablespoonfuls of powdered sugar; have the cream previously set on ice to get chilled, then whip and return to a cool place. Beat the whites to a stiff froth; add the sugar, then the cream, beating all together; flavor. Very nice for fruit pudding or to serve with cake.

HARD SAUCE

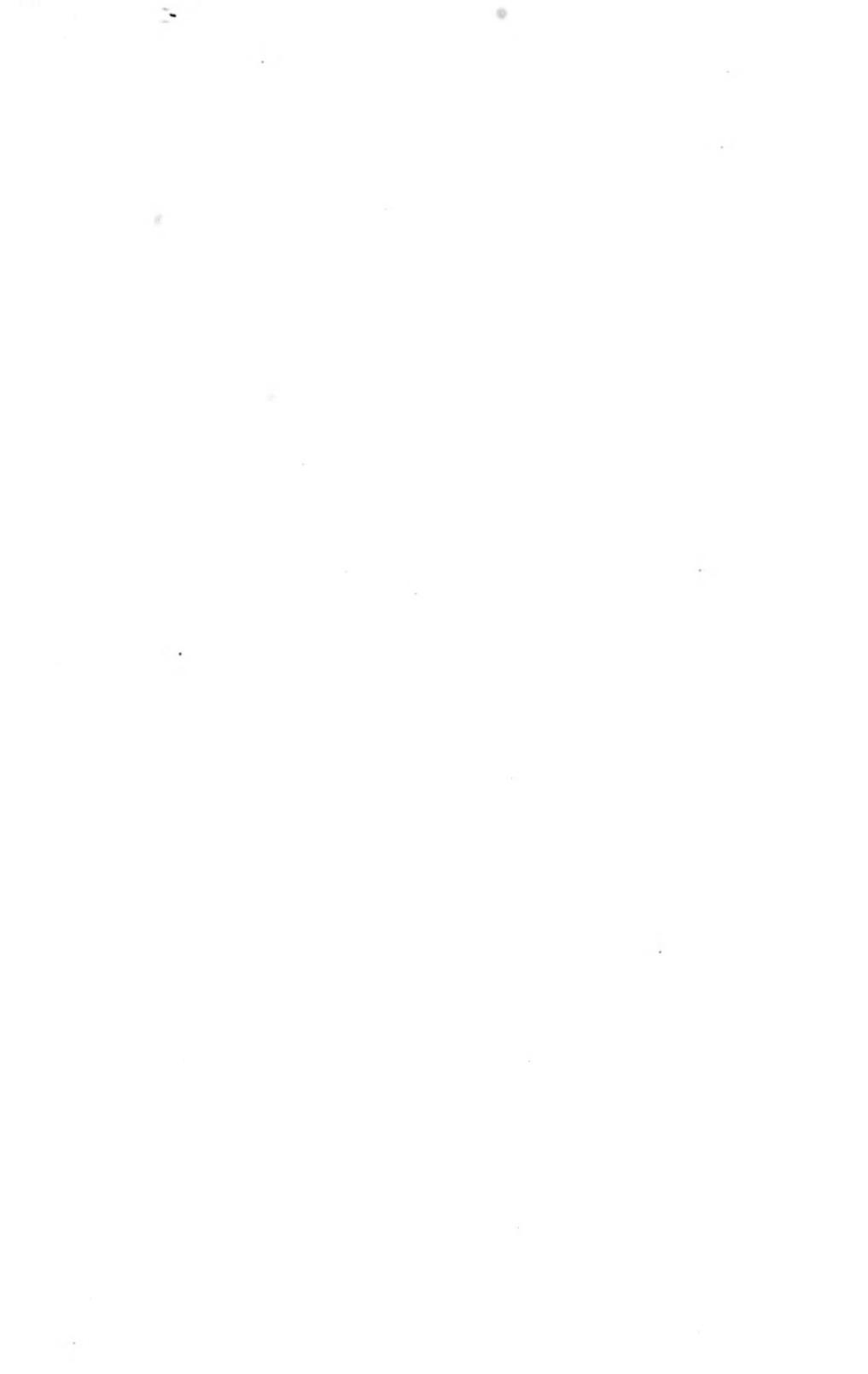
Beat one-fourth of cupful of butter and one cupful of pulverized sugar to a cream, whisk the whites of four eggs to a stiff froth, add slowly to the butter and sugar; beat all until light; add a teaspoonful of vanilla; set in a cool place until ready for use.

—*Mrs. E. L. Branson.*

DARK PUDDING SAUCE

One egg, one cupful of granulated sugar, one tablespoonful of butter, one cupful of boiling water, a little nutmeg, lemon juice to taste. Beat yoke of egg, with sugar and butter; when light and foamy add the boiling water in a thin stream, beating constantly. Set on fire to cook until the custard coats the spoon; when withdrawn add nutmeg, lemon juice, then pour the mixture on the stiffly-beaten white of the egg. Serve in warm sauce dish.

—*M. C. H.*



SAUCES

WILHELM STÖCKE



HOT CHOCOLATE SAUCE, NO. 1

Heat one large cupful of rich milk in a double boiler, add two squares of chocolate melted, and a half cupful of sugar. Cook until it is a thick cream and add one teaspoonful of vanilla, if desired, just before serving. —*Pa.*

HOT CHOCOLATE SAUCE, NO. 2

Half cupful of sugar, one cupful of water, boil, strain, and add four tablespoonfuls chocolate dissolved in half cupful of milk, one tablespoonful of arrowroot dissolved in half cupful of water, dash of salt; boil the mixture five minutes; add a teaspoonful of vanilla. —*Mast.*

VANILLA SAUCE

One pint of milk, yolks of three eggs, one teaspoonful of vanilla, two tablespoonfuls of sugar; boil milk in double boiler, beat yolks and sugar until light; stir into the boiling milk, stir for a few minutes over fire, add vanilla, cool.

—*Mrs. C. E. Binkley.*

CAKES, COOKIES, Etc.

Measure everything carefully, a spoonful means as much rounded over top as the spoonbowl underneath.

Powdered sugar makes a lighter cake, but some prefer granulated; after creaming sugar with butter or eggs if the mixture stands for a short time the sugar will dissolve and the result will be most satisfactory.

Flour differs in thickening qualities; too much has been used when the cake rises, cracks and remains so.

The oven can wait for the cake, but the cake can never wait for the oven.

Cake will sometimes be heavy if the sugar and butter are not sufficiently well creamed; they should be partially liquified.

Cakes without butter require a quick oven; never move the cake or shake the oven before the center is set, and do not remove it from oven unless surely done; run a broom splint through the center; if no dough adheres it is done, or put your ear to the cake; if it ticks loudly put it back; if very faint, it is done; turn out very gently on a cloth or sieve to cool.

Do not open oven door, at least until fifteen minutes have elapsed after putting the cake in.

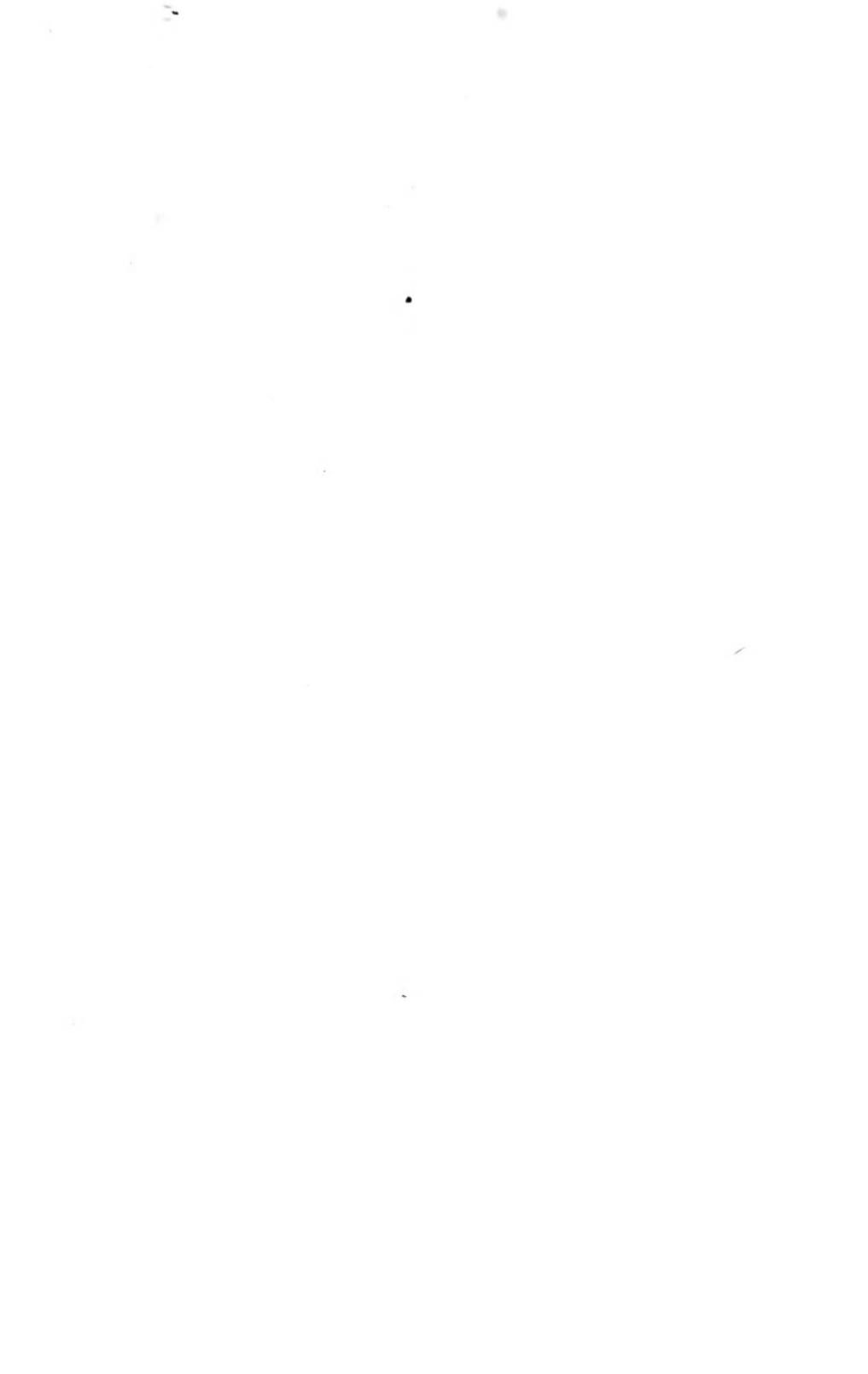
Creaming the butter makes the cake more delicate than melting it.

Always cream the butter and sugar together first, add the beaten yolks, then the milk, the flavoring, the flour, then beat vigorously, and lastly stir in the whites, unless otherwise directed in recipe.

Fine grained cake can only be made by long beating.

Baking is more important than the mixing; too cool an oven makes the cake coarse; too much baking the effect will be the same.

Layer cake requires a hotter oven than a loaf cake.



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Spotgeometries of the α -emission from Al_2O_3 and MgO are shown in Figure 1. The reader may note that the α -emission from MgO is more intense than that from Al_2O_3 .

For any given Al_2O_3 sample, the α -intensity is proportional to the Al_2O_3 content.

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Sponge cake requires a cool oven. A piece of wrapping paper should turn a golden brown in five minutes for a loaf cake, then slightly increase the heat after the cake is well risen.

For layer cake, the paper should brown in four minutes, and for angel food or sponge cake in seven minutes.

If the cake seems to be baking too fast, place some brown paper over it; a small dish of hot water placed in the oven will prevent it from scorching.

Grease the pan with lard, then dredge it with flour, shake it out so as to leave a thin coating.

Never grease the pan for angel food, but place a piece of paper in the bottom of the tin; the oven should be just warm at first, then increase the heat after the cake has risen to top of pan.

Cake pans should be filled nearly two-thirds of their space.

Sweet milk and baking powder go together, when sour milk or cream is used always use soda. In using soda the proportion is one of soda to two of cream of tartar; if desired to substitute baking powder the quantity of soda and cream of tartar combined will be the proper quantity of powder.

Cake should be beaten, not stirred, and for this a wooden spoon should be used and not the hand, as the latter imparts too much heat.

Cakes should be allowed to cool before icing; pour on a small quantity at a time, spread with a knife, dipping frequently in hot water to prevent sticking.

Use cups of the same size to measure all materials.

Place a piece of paper over loaf cake to protect the cake from forming a top crust at first, which prevents the cake from raising; remove as soon as the cake is well raised.

Many small cakes such as meringues, kisses, macaroons, require drying rather than baking; they need to be crisp and an oven at a low temperature will cook them thoroughly; this is also true of wafers. Cakes containing molasses also require a slow oven.

Fruit cakes are said to be much better steamed for three hours, then baked slowly for one hour.

In making fruit cake a good method is to prepare your fruit the day previous; wash thoroughly and let stand in a warm room over night, dredge with flour and stir into the mixture last.

When a less expensive article than butter is desired for shortening, fresh beef suet, rendered, is a better substitute than lard, and can be used liberally when recipes call for molasses and spices.

Bitter almonds give a very desirable macaroon flavor to cookies.

Pastry flour is a soft first bolting flour, being rich in starchy matter makes fine pastry; any other can not be well substituted for it.

ANGEL FOOD

Whites of ten eggs beaten stiff, one cupful of flour and one teaspoonful of cream of tartar, sifted six times, one and a half cupfuls of sugar, sifted six times, one teaspoonful of vanilla. Place in ungreased pan and bake in moderate oven fifty minutes.

—*Mrs. J. H. Hershey.*

APPLE SAUCE CAKE

One cupful of unsweetened apple sauce, one-half cupful of butter and lard, one and one-quarter cupfuls brown sugar, one cupful seeded raisins, one-half teaspoonful of baking soda, two cupfuls flour, one teaspoonful each of cinnamon and cloves. Mix soda with apple sauce; mix shortening and sugar together, then add spices and apple sauce, then flour, with two teaspoonsfuls of baking powder sifted in it, lastly the raisins sprinkled with a little flour. Bake in a moderate oven. It is better baked in a dish with a funnel.

—*M. C. Hughes.*

CORN STARCH CAKE

Whites of four eggs, two cupfuls of sugar, two-thirds of cupful of butter, one cupful of sweet milk, one cupful of cornstarch, two cupfuls flour, two and a half teaspoonsfuls of

baking powder, and one teaspoonful of extract of lemon. Bake in a loaf three-fourths of an hour in a steady oven.

CHOCOLATE CAKE

Two cupfuls of soft A sugar, half cupful of butter, half cupful of milk, two teaspoonfuls of baking powder, two and a fourth cupfuls of flour, two eggs, nearly half a cake of Baker's chocolate, grated; one teaspoonful of vanilla. Pour half cupful of boiling water on grated chocolate and stir well before adding to the mixture, which must be added the last thing; bake in cake tins and use white icing.—*Mrs. Vannan.*

COCOANUT CAKE

One and one-half cupfuls of sugar, one-half cupful of butter, three eggs, reserve the whites of two for icing; scant cupful of milk, two and a half cupfuls of flour (before sifting), two teaspoonfuls of baking powder.—*M. R. Finnigan.*

COFFEE CAKE

One cupful each of brown sugar, New Orleans molasses and coffee, scant cupful of butter and lard, two eggs and two teaspoonfuls of baking powder or one of soda, spice to taste. Mix and flour one cupful of currants and stir in the batter.

—*Mrs. S. Jones.*

DATE CAKE

Two cupfuls of A sugar, one cupful of butter, three cupfuls of flour, one cupful of cold water, four eggs, two teaspoonfuls of baking powder, two cupfuls of hickory or walnut kernels, whole, one pound each of raisins and dates, whole, one-half pound of citron, cut in small pieces. Bake two and a half hours.

—*Ivison.*

DEVIL'S FOOD, NO. 1

Filling.—Almost half a cake of grated chocolate, half cupful of milk, heat and stir until smooth, sweeten to taste, while hot. Do not put in cake until entirely cold.

Cake.—Cream one cupful of sugar, half cupful of butter and yokes of two eggs; add half cupful of milk, two small

cupfuls of flour, two teaspoonfuls' baking powder, then pour in the chocolate filling and lastly add the well-beaten whites of the eggs.

—*Mrs. Stiteler.*

DEVIL'S FOOD, NO. 2

Two cupfuls of brown sugar, one-half cupful of butter and lard mixed, four eggs, reserving the white of one for icing, one cupful of sour milk, three tablespoonfuls of cocoa with one teaspoonful of soda in a little hot water, and two and a half cupfuls of flour. Mix in order given and bake in a quick oven.

—*Mrs. Jas. C. Barton.*

DEVIL'S CAKE

Two eggs, two cupfuls of dark brown sugar, half cupful of butter, two cupfuls of flour, half a cupful of sour milk, one teaspoonful of soda, one-half cupful of boiling water, one-third of a cake of chocolate. Grate the chocolate and pour the boiling water on it, and mix with the soda dissolved in a little hot water, cream butter and sugar, add the well-beaten eggs, then sour milk, chocolate with soda, etc.; lastly the flour. Bake in moderate oven.

Icing.—Five tablespoonfuls of milk and one cupful of granulated sugar, boil five minutes; remove from stove and add one teaspoonful of vanilla. —*Mrs. W'm. R. Jackson.*

FUDGE CAKE

One and three-fourths cupfuls of granulated sugar, one-fourth cupful of butter, two eggs, one-half cupful of milk, two cupfuls of flour, two teaspoonfuls of baking powder, and one tablespoonful of vanilla. Mix in order given, then add one-fourth cupful of grated chocolate melted in one-half cupful of boiling water. This will make two layers. Ice with thick white icing.

—*Mrs. J. G. Hagee.*

FEATHER CAKE

One egg, one cupful each of sugar and sweet milk, one large tablespoonful of butter, two cupfuls of flour, two teaspoonfuls of baking powder, pinch of salt, flavor to taste. Beat egg, butter and sugar until quite light before adding other ingredients; bake in moderate oven.—*Mrs. S. Jones.*

FRENCH CAKE

Two cupfuls of sugar, three eggs, three cupfuls of flour, one-half cupful of butter, one cupful of sweet milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda; flavor to taste.

—T. S. G.

FRUIT CAKE

Eight eggs, two cupfuls of butter, three cupfuls of brown sugar; beat well together, then add one cupful of sweet milk, two teaspoonfuls of baking powder, sifted, with five cupfuls of flour, add two pounds each of seedless raisins and currants, half pound of citron, one-fourth pound of candied orange and lemon peel, mixed; three teaspoonfuls of cinnamon, two teaspoonfuls of ground cloves and two nutmegs. Bake in a moderate oven. Sufficient for two cakes.

—*Mrs. E. L. Branson.*

LIGHT FRUIT CAKE

One cupful of butter, three cupfuls of white sugar, three eggs, one cupful of milk, four cupfuls of flour, two teaspoonfuls of baking powder, one pint shellbark kernels, one pound of currants, one pound of seedless raisins and one-fourth pound of citron.

—*Mrs. E. O. Heck.*

DARK FRUIT CAKE

One pound of brown sugar, one pound of butter, ten eggs, one pound of flour, two pounds of currants, two pounds of raisins, half pound of citron, cut fine, one nutmeg, one tablespoonful of ground cloves, one tablespoonful of ground allspice and two teaspoonfuls of baking powder.

—*Mrs. D. Kauffman (Lititz).*

GRANDMOTHER GROVE'S FRUIT CAKE

One cupful of brown sugar, one cupful of butter, one cupful of New Orlean molasses, one cupful of sweet milk or coffee, two eggs, one and a half teaspoonfuls soda, three cupfuls flour, to which has been added one and a half teaspoonfuls of cream of tartar. Mix in order given above, then add one pound of seeded raisins, one pound of seedless rais-

ins, one pound of currants, one cupful each of shellbark kernels, cream nuts, almonds, figs and dates until you have a vegetable dish full. After washing the fruit very carefully, drain thoroughly and sift over them some flour, taking the same from the amount given above. Add some grated nutmeg and one teaspoonful of cinnamon.

ICE CREAM CAKE, NO. 1

One and a half cupfuls of sugar, one-half cupful of butter, two cupfuls of flour, one-half cupful of milk, whites of five eggs, two level teaspoonfuls of baking powder and one-half teaspoonful of vanilla. Beat butter and sugar to a cream, then add vanilla, then milk, then whites of eggs beaten to a stiff froth; stir in flour and baking powder (sifted together). Bake in moderate oven thirty-five minutes.

Icing.—Two cupfuls of sugar, half cupful of boiling water, boil gently ten minutes and pour on whites of two eggs beaten stiff.

—*Mrs. Van Ormer.*

ICE CREAM CAKE, NO. 2

Two cupfuls of white sugar, three-fourths cupful of butter, whites of five eggs, one cupful of sweet milk; flavor with vanilla; three cupfuls of flour, two teaspoonfuls of baking powder.

Icing.—Two cupfuls sugar, one-half cupful of water, boil until brittle, or like cream candy, beat whites to a stiff froth; add one small tablespoonful of vanilla, then beat the boiled sugar into the eggs, then beat until cool enough to spread on cake.

—*Mrs. Isaac Rife.*

JAM CAKE

Three eggs, one-half cupful of butter, one cupful of sugar, three tablespoonfuls of milk, two cupfuls of flour, two teaspoonfuls of cinnamon, half teaspoonful of cloves, one cupful of jam, one teaspoonful of baking powder; strawberry jam is preferable.

—*Mrs. Frank Holland.*

JELLY ROLL

One cupful of white sugar, two teaspoonfuls of cream of tartar, mixed in one cupful of flour, one teaspoonful soda in

three tablespoonfuls of milk, three well-beaten eggs. Bake in long pan, jelly and roll up; wrap in cloth until cold.

—*Mrs. S. W. Finnigan.*

LOAF CAKE

One pound of sugar, one pound of flour, one-half pound of butter, four eggs, one cupful of cold water, two teaspoonfuls of baking powder. Beat sugar and butter to a cream, then yolks of eggs, then add water and flavoring; add whites, well beaten, last. Bake in a moderate oven about one hour.

—*Mrs. S. W. Finnigan.*

LEBANON CAKE

Two cupfuls of sugar, four eggs, two cupfuls of flour, one cupful of sweet milk, piece of butter size of walnut and two teaspoonfuls of baking powder; flavor with almond or orange; beat eggs and sugar together until very light; boil milk and dissolve butter in it and pour boiling hot slowly over eggs and sugar, beating all the time, then add flour and baking powder, flavoring.

—*Mrs. J. W. Heck.*

MRS. MILLER'S FAVORITE CAKE

One cupful butter, two cupfuls pulverized sugar, three cupfuls of flour, five eggs, one cupful sweet milk, two teaspoonfuls of baking powder; beat butter and sugar until light; add well-beaten yolks, then the milk; sift baking powder into flour, then add, beat whites to a stiff froth; then add to the other ingredients. Can be baked in loaf or layer.

MINNEHAHA CAKE

Two cupfuls of pulverized sugar, one-half cupful of butter, one cupful of milk, two and a half cupfuls of flour, whites of three eggs, two teaspoonfuls of baking powder. Bake in three layers.

Icing.—Boil two cupfuls of granulated sugar and four tablespoonfuls of boiling water until it spins a thread; add to the whites of two eggs; beat to a cream, then add one cupful each of raisins and hickory nuts and half cupful of almonds, all chopped fine.

—*Mrs. J. R. Pawling.*

MOCK LADY CAKE

Three cupfuls of flour, two cupfuls of sugar, half cupful of butter, one cupful of sweet milk, whites of four eggs, one-half teaspoonful of soda, one teaspoonful of cream of tartar or two teaspoonfuls of baking powder.—*Mrs. Grier Hoskins.*

MARBLE CAKE

Dark.—Yolks of four eggs, one-half cupful of butter, one-half cupful of molasses, one cupful of brown sugar, one cupful of sour cream, one teaspoonful each of cinnamon, all-spice and cloves, one-fourth teaspoonful of pepper, one teaspoonful of cream of tartar, one-half teaspoonful of soda and three cupfuls of flour.

White.—Whites of four eggs, one cupful of sugar, one-half cupful of butter, one-fourth cupful of milk, one and three-fourths cupfuls of flour, and half a teaspoonful of baking powder.

—*Mrs. Wm. Fritz Russell.*

NUT CAKE, NO. 1

Three eggs, one and a half cupfuls of sugar, one-half cupful of butter, one-half cupful of milk, two and a half cupfuls of flour, one and a half teaspoonfuls of baking powder and one cupful of meats of any kind of nuts, chopped fine.

—*M. C. Hughes.*

NUT CAKE, NO. 2

Two cupfuls of sugar, one cupful of butter, three-fourths of a cupful of sweet milk, three and a half cupfuls of flour, four eggs, two teaspoonfuls of baking powder, one cupful of raisins, one cupful of currants, one cupful of shellbarks, one cupful of walnuts, or any kind of nuts, except peanuts; dust the nuts (chopped) and fruit with flour before stirring in, mix well together. Bake slowly an hour and a half.

—*Mrs. Rodney Martin.*

ORANGE CAKE, NO. 1

One-half cupful of butter, two cupfuls of sugar, five eggs, one pint of flour, one and a half teaspoonfuls of baking powder, one cupful of milk, one teaspoonful of extract of orange.

ange. Rub butter and sugar to a cream, add the eggs, two at a time, beating five minutes between each addition; add the flour sifted with the powder, then the milk and extract. Bake in moderate oven.

—*Mrs. D. H. Weaver.*

ORANGE CAKE, NO. 2

Two cupfuls of pulverized or granulated sugar, one-half cupful of butter, one cupful of milk, four eggs beaten separately, three scant cupfuls of flour, two teaspoonfuls of baking powder, juice and grated rind of one orange, cream sugar and butter until smooth; add milk, the yolks well beaten and two of the well-beaten whites; add orange, then sift in the flour gradually, to which the powder has been added, add the remaining two whites.

Icing.—One and a half cupfuls of granulated sugar, six tablespoonfuls of water, whites of two eggs; boil sugar and water until it will spin a thread; add gradually to the whites, beaten to a stiff froth, beat until smooth; add the grated rind of one orange (no juice) to the beaten whites previous to beating in the boiled sugar.

—*Gordon.*

ONE EGG CAKE

One egg, one cupful of sugar, three tablespoonfuls of melted butter, one-half cupful of sweet milk, two heaping teaspoonfuls of baking powder and one and one-half cupfuls of flour. Flavor to suit the taste.

—*C. E. B.*

PECAN CAKE

One cupful of sugar, one cupful of butter, one-half cupful of milk, one cupful of pecan nuts, one-half cupful each of raisins and currants, two eggs, one and three-fourths cupfuls of flour, and one teaspoonful baking powder. Cream butter and sugar, add yolks, milk, thin flour, fruit last.

—*Ivison.*

BERWICK SPONGE CAKE

12
Six eggs, three cupfuls of sugar, four cupfuls of flour, two teaspoonfuls baking powder, one cupful of cold water, pinch of salt, one teaspoonful extract of lemon. Beat eggs and

sugar together five minutes; add flour, sifted with salt and powder, water and extract. Bake in shallow square cake-pan, in quick, steady oven thirty-five minutes; when removed from oven ice it with clear icing. Half this quantity makes a large cake.

—*Mrs. Hughes.*

BUTTER SPONGE CAKE

One cupful of granulated sugar, three yolks beaten into it, add gradually six tablespoonfuls of warm water; stir until very smooth; add one cupful of flour and one tablespoonful of cornstarch. Beat until very thick. Add the whites (stiffly beaten) gradually, one teaspoonful of baking powder, butter size of walnut, melted, flavor to suit taste. This will make two layers and may be iced to suit the fancy.

—*A Member.*

HOT WATER SPONGE CAKE

Six eggs, one pound of sugar, three cupfuls of flour, two teaspoonfuls of baking powder, sifted with flour. Scald sugar with half a cupful of hot water; let cool. Beat eggs in the sugar and water until light.

—*Mrs. Dunlap.*

MRS. MILLER'S SPONGE CAKE

Six eggs, one cupful of flour, one cupful of pulverized sugar, flavor to taste. Beat eggs separately, then add sugar to eggs, beat and stir flour in very gently. Bake in a moderate oven.

SPONGE CAKE, NO. 1

Two cupfuls of pulverized sugar, four eggs, one-half cupful of boiling water, one teaspoonful of baking powder and two cupfuls of flour. Thoroughly sift sugar and flour. Beat yolks of eggs and sugar until very light; add water. Then add one-half of the flour with baking powder and one-half whites of eggs and flavoring; beat this thoroughly before adding remainder of flour and eggs. Bake in a moderate oven one hour.

—*Mrs. Book.*

SPONGE CAKE, NO. 2

Six eggs, six tablespoonfuls of water, two cupfuls of sugar; boil the water and sugar, pour slowly on the eggs; keep

beating all the time until perfectly cold, then sift in two cupfuls of flour with one-half teaspoonful of baking powder.

—*Mrs. E. L. Branson.*

HOT MILK SPONGE CAKE

Four eggs, two cupfuls sugar, two cupfuls of flour, one cupful of boiling milk and two small teaspoonfuls of baking powder. Beat eggs and sugar twenty minutes, then flour and baking powder, lastly the hot milk.—*Mrs. W. J. Smith.*

SPONGE CAKE

Six eggs, two cupfuls of flour, two cupfuls of sugar, twelve tablespoonfuls of water, one good teaspoonful of baking powder; beat the whites of eggs stiff, then sprinkle sugar slowly, then beat in yolks, two at a time, add water, the juice of one lemon or teaspoonful of extract of lemon, and lastly flour and baking powder sifted together. —*Mrs. S.*

SPONGE CAKE

Six eggs, one and three-fourths cupful of granulated sugar, grated rind of one lemon and juice of half of it, one-half cupful of boiling water and two cupfuls of sifted flour; put one cupful of sugar into the yolks of the eggs and beat until light and foamy, then add the remainder of the sugar, with the lemon, beat, then add half of the boiling water, beat, then remainder of water, beat, then stir in the flour lightly, then the whites of the eggs beaten stiff; fold in just enough to mix. Have the oven warm and increase the heat gradually until hot. Bake in a turk's head, one hour.

—*Mrs. Jas. C. Barton.*

SPANISH BUN

One quart of flour, two eggs, one cupful of butter and lard mixed, one and a half cupfuls of sugar, one cupful of currants, one cupful of milk, pinch of salt and two teaspoonfuls of baking powder. Rub butter and lard into flour, same as for pie crust, add sugar and baking powder, salt and currants, beat up eggs, add to the milk, then to the other mixture.

—*Mrs. S. W. Finnigan.*

SILVER CAKE

One cupful of sugar, one-half cupful of butter, one-half cupful of milk, two cupfuls of flour, whites of five eggs and two teaspoonfuls of baking powder. —*Mrs. E. O. Heck.*

SPICE CAKE, NO. 1

Two cupfuls of brown sugar, two cupfuls of flour, one-half cupful of butter, one-half cupful of sour milk, four eggs (reserve the whites of two for icing), one nutmeg, two teaspoonfuls of cinnamon, two teaspoonfuls of cloves, one teaspoonful of soda dissolved in milk.

SPICE CAKE, NO. 2

Rub to a cream three-fourths cupful of butter, two cupfuls of brown sugar and the yolks of four eggs, then add one-half cupful of sweet milk, one nutmeg and two teaspoonfuls of cinnamon, one teaspoonful of cloves, mix two teaspoonfuls of baking powder in two cupfuls of flour, sift into the mixture; add the beaten whites of two eggs, reserving two for the icing. Bake in three layers or a loaf.

—*Mrs. E. L. Branson.*

GOLDEN SPICE CAKE

Take the yolks of seven eggs and one whole egg, two cupfuls of brown sugar, one cupful of molasses, one cupful of butter, one large coffee cupful of sour milk, one teaspoonful of soda, five cupfuls of flour, one teaspoonful of ground cloves, two teaspoonfuls of cinnamon, two teaspoonfuls of ginger, one teaspoonful of grated nutmeg and a small pinch of cayenne pepper; beat eggs, sugar and butter until light, then add molasses, flour and milk and other ingredients; beat all well together. Bake in a moderate oven. Currants and raisins may be added if desired. —*Miss H. Rhodes.*

SUNSHINE CAKE, NO. 1

Separate carefully eleven eggs, using the whites of the whole number with the yolks of four; measure one and a half cupfuls of granulated sugar and sift it; put a level teaspoonful of cream of tartar into a cupful of pastry flour and sift

five times; now beat the whites of the eggs to a very stiff froth; beat yolks and stir in; sprinkle over carefully the sugar, mixing lightly but thoroughly, and last the flour. Beating to be done with an egg-beater and very lightly. Turn into an ungreased pan. Bake in a moderate oven forty-five minutes.

—*Mrs. D. H. Weaver.*

SUNSHINE CAKE, NO. 2

Seven eggs, one cupful of granulated sugar, one cupful of flour, half teaspoonful of cream of tartar; beat whites of the eggs until light; add cream of tartar, then sugar, then yolks beaten well, then stir flour in lightly. Put a greased paper over top, when you put in oven, for it browns quickly. Bake in moderate oven forty to forty-five minutes.—*A Member.*

VELVET CAKE

Two cupfuls of sugar, six eggs, reserve whites of two for icing; beat fifteen minutes; two and a half cupfuls of flour, two teaspoonfuls baking powder, one cupful warm water; flavor with lemon.

—*Mrs. Isaac Rife.*

WHITE CAKE, NO. 1

Two cupfuls of sugar, one-half cupful of butter, one cupful of water, three cupfuls of flour, two teaspoonfuls of baking powder and the whites of four eggs; cream the butter and sugar, then add water and flour, mixing in the baking powder before sifting into the batter; beat thoroughly, then fold in the beaten whites of eggs; flavor to taste. Bake in layers.

—*Mrs. R. B. Daniels.*

WHITE CAKE, NO. 2

Two cupfuls of sugar, scant cupful of butter, one cupful of sweet milk, three cupfuls of sifted flour, three teaspoonfuls of baking powder, whites of five eggs, cream sugar and butter; add milk, the flour and baking powder sifted together, then the whites beaten stiff; flavor with any preferred extract and bake in layers or loaf.—*Mrs. Van Ormer.*

WHITE MOUNTAIN CAKE

One pound of sugar, one pound of flour, half pound of butter, six eggs, one cupful of sour cream, one teaspoonful of soda, one teaspoonful of cream of tartar. Dissolve the soda in the cream and sift the cream tartar with the flour. Bake in loaf.

—*Mrs. B. F. Jones.*

WHITE PERFECTION CAKE

One-half cupful of butter rubbed with one and a half cupfuls of sugar to a cream, one-half cupful of sweet milk, one-half cupful of cornstarch dissolved in the milk, one and one-half cupfuls of flour, one teaspoonful of baking powder, whites of six eggs. Bake in slow oven forty minutes.

—*Mrs. D. H. Weaver.*

VELVET CAKE

One-half pound of pulverized sugar, one-fourth of a pound of butter, three eggs, one and a half cupfuls of flour, one-half teaspoonful of baking powder, one-fourth of a cupful of milk. Beat butter and sugar to a cream, add the well-beaten yolks, milk, flour, with baking powder sifted in, then the stiffly beaten whites; flavor to taste.—*Mrs. B. F. Jones.*

COOKIES

Two cupfuls of sugar, one cupful of butter, four eggs, half teaspoonful of soda; flour to roll. —*Mrs. C. E. Binkley.*

CHOCOLATE DROPS

Quarter of a cake of chocolate, one pound of pulverized sugar, four eggs, one teaspoonful of cinnamon, pinch of allspice, seven tablespoonfuls of flour. —*Mrs. E. Hamilton.*

SMALL CHOCOLATE CAKES

Quarter of a pound each of chocolate, white sugar and brown sugar, two tablespoonfuls each of butter and lard, two eggs, one teaspoonful each of soda, cinnamon and cloves; flour to make a very soft dough; roll thin and cut in small cakes.

—*Mrs. J. R. Parveling.*

COCOANUT DROP CAKES

One-half cupful of butter, one cupful of sugar, two eggs, two cupfuls of sifted flour, one-third of a cupful of milk, one scant teaspoonful of vanilla, one heaping cupful of grated cocoanut, one heaping teaspoonful of baking powder and a little salt; cream butter and sugar together, add the beaten yolks of the eggs, then milk and flour alternately, salt, vanilla and cocoanut, the whites beaten stiff, and baking powder; beat well together, drop in spoonfuls on a well-greased pan. Add more flour if not stiff enough. —*M. C. H.*

COCOANUT CRUMBS

One and one-fourth pounds of grated cocoanut, one pound of pulverized sugar, whites of two eggs, and one-half cupful of flour. Mix cocoanut, sugar and flour well together, then fold in the whites, beaten stiff. Drop on tins and bake. —*Mrs. Jas. R. Pareling.*

CRULLERS

One cupful of sugar, four and a half tablespoonfuls of melted butter, two eggs, one cupful of sweet milk, four cupfuls of flour, two teaspoonfuls of baking powder, half teaspoonful salt; flavor with nutmeg. —*Mrs. A. I. Rubincam.*

DOUGHNUTS

One pint of milk heated with one cupful of shortening; when cool add two cupfuls of sugar, three eggs beaten, a little cinnamon, one yeast cake dissolved in a little luke-warm water; put in enough flour to knead; let rise over night; add a little flour, enough to roll out; let rise again and boil in hot lard. —*Ivison.*

DOUGHNUTS

One cupful of sugar, one cupful of water, one cupful of mashed potatoes, one cupful of yeast; add flour to set to raise at night; in the morning add two eggs, one cupful of sugar, one cupful of lard and butter mixed, salt, knead soft, when light roll, cut, raise, fry. —*Sara J. Stern.*

DUTCH DOUGHNUTS

Four eggs, two cupfuls of sugar, one cupful of lard, two cupfuls of sour cream and milk together, one tablespoonful of soda; flour enough to roll; boil in hot lard.—*Mrs. S. Jones.*

DROP CAKES

Two cupfuls of sugar, two tablespoonfuls of butter, one cupful of thick milk, two eggs, one-half teaspoonful of cream of tartar, one-half teaspoonful of soda dissolved in boiling water, two and a half cupfuls of flour; flavor with nutmeg or lemon.

—*Mrs. C. E. Binkley.*

GOAT ISLAND CAKES

Two cupfuls of granulated sugar, one-half cupful of butter, then add yolks of five eggs, well beaten, one-half cupful of cold water, two cupfuls of flour and a pinch of salt, two teaspoonfuls of baking powder; add whites of five eggs; beat well and flavor to suit the taste. Bake in small tins.

—*Mrs. E. P. Dickinson.*

HERMITS

Two eggs, one-half cupful of butter, one cupful of sugar, two-thirds of a cupful of seeded raisins, chopped, a very little citron chopped fine, a half teaspoonful each of cloves, nutmeg and cinnamon, one-fourth teaspoonful of baking soda and two heaping cupfuls of flour. Beat sugar and butter, add eggs, beat until light; add soda dissolved in a little hot water, then flour and spices; lastly the fruit, well floured. Mix stiff, form in small balls size of hickory nut, place in well greased pans a distance apart.

—*Mrs. T. S. Gilbert.*

HICKORY NUT CAKES

One pound of sugar, one pound of kernels, three eggs and three tablespoonfuls of flour; beat all together and drop on buttered pan with teaspoon.—*Mrs. Herbert C. Prague.*

CHOCOLATE JUMBLES

Half cupful of butter, one cupful of sugar, one and a half cupfuls of flour, one cupful of grated chocolate, two eggs and two teaspoonfuls of baking powder; add more flour if necessary, to stiffen; roll thin; bake in moderate oven.

JUMBLES

One teacupful of sugar, one-half cupful of butter, one-half cupful of milk, two teaspoonfuls of baking powder, three cupfuls of flour, one egg. Mix and roll about one-half inch in thickness.

—*Mrs. T. S. Gilbert.*

MRS. PAULING'S JUMBLES

Two and a half cupfuls of white sugar, one cupful of butter, half cupful of sweet milk, three eggs, two and a half teaspoonfuls of baking powder and a little nutmeg; flour enough to roll.

MACAROONS

Whites of three eggs beaten stiff, one cupful of granulated sugar or a half pound of pulverized, one pint of picked nuts or half pound of prepared cocoanut, one and a half tablespoonfuls of flour; mix in order given and drop on greased tins and bake slowly until light brown.—*Mrs. H. Taggart.*

NUT KISSES, NO. 1

One pound of pulverized sugar, whites of six eggs, six heaping tablespoonfuls of flour, one pound of chopped nuts, shellbarks preferred.

—*Mrs. Wm. Fritz Russell.*

NUT KISSES, NO. 2

The whites of six eggs beaten to a froth, add one pound of pulverized sugar, beat twenty minutes; add one pound of nuts when picked. Grease pans and bake in a moderate oven.

—*Mrs. C. E. Binkley.*

OATMEAL COOKIES

Cream together one cupful of butter and lard mixed, add one cupful of sugar, two eggs well beaten, three-fourths of a teaspoonful of soda dissolved in eight teaspoonfuls of milk, two cupfuls of uncooked oatmeal, two cupfuls of sifted flour, two cupfuls of raisins (ground), one-fourth teaspoonful each of cinnamon and cloves. Mix all together, roll thin, cut in squares.

—*Mrs. J. G. Hagee.*

PINWHEELS

Into one quart of flour mix thoroughly one-half teaspoonful of salt, two rounding teaspoonfuls of baking powder and one tablespoonful of butter; beat two eggs without separating, add a cupful of milk, then add this to the flour; roll into a thin sheet, spread with butter, dust with sugar, cinnamon and currants. Roll up, cut into pieces half an inch thick, stand on end and bake in quick oven.—*Mrs. W. J. Landis.*

PEANUT COOKIES

Two tablespoonfuls of butter, two tablespoonfuls sugar, two tablespoonfuls of milk, two eggs well beaten, one cupful of flour, one teaspoonful of salt, one level teaspoonful of baking powder, and one cupful of finely chopped nuts. Cream the butter, add sugar, milk and eggs; sift together thoroughly flour, baking powder and salt, and add to the mixture lastly the peanuts; drop by teaspoonfuls on buttered tin half inch apart; place half peanut on each and bake in a slow oven.

—*Mrs. W. J. Smith.*

LITTLE POUND CAKES

One and one-fourth cupful of flour, one cupful of sugar, one-half cupful of butter, four eggs, beaten light; one teaspoonful of baking powder, three teaspoonfuls of cream; mix and make in gem pans.

—*Mrs. Vannan.*

PEPPERNUT CAKES

One pound white sugar, three-fourths of a pound of butter, one cupful of thick milk, five eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar; add flour until stiff enough to roll; flavor with nutmeg or lemon. Mix and let stand in a cool place over night. —*Mrs. C. E. Binkley.*

SCOTCH CAKES

Six ounces of butter, two and a half pounds of brown sugar, one pint of New Orleans molasses, half teaspoonful of soda, one grated cocoanut, one and a half pounds of flour; boil molasses, when cool mix all together, let stand over night, or longer, in a cool place; when ready to bake take a

piece the size of a silver dollar, flatten with the hands, well floured; put in baking pan far apart, bake in moderate oven and remove from pan just as cakes begin to cool. Fine.

—*Mrs. C. E. Binkley.*

SAND TARTS, NO. 1

Two cupfuls of sugar, one cupful of butter, three cupfuls of flour, two eggs and a half teaspoonful of baking powder; mix, roll out very thin; make a paste with the yolk of an egg, one teaspoonful of milk, sugar and a little cinnamon, brush over top; sprinkle sugar and put nuts on each.

—*Mrs. Rodney Martin.*

SAND TARTS, NO. 2

Two cupfuls of sugar, two cupfuls of flour, one cupful of butter, three eggs; mix, roll very thin and sprinkle a mixture of cinnamon and sugar over the cakes.

—*Mrs. Herbert C. Pague.*

SUGAR CAKES

Two cupfuls of sugar, one cupful butter and lard mixed, four eggs, one-half cupful sour milk, two teaspoonfuls of cream of tartar and one teaspoonful of baking soda; flavor with lemon; flour to roll.

—*Mrs. Howard Ash.*

WAFERS

Quarter of a pound of butter, one-half pound of sugar, one-half pound of flour, three eggs, flavor to taste; beat butter and sugar, add yolks beaten light, then add flour, whites well beaten, use enough of sweet milk to make consistency of cake batter. Bake in wafer irons; roll over knife or stick while hot. If you have no irons, cover flat pans with buttered paper and drop mixture on in small spoonfuls a distance apart.

WALNUT WAFERS

One cupful of brown sugar, one cupful of walnut meats, broken, but not chopped; three even tablespoonfuls of flour, one-quarter of a teaspoonful each of baking powder and salt, and two eggs; beat the eggs, add the sugar, salt, sifted

flour and baking powder, lastly meats. Drop small spoonfuls on buttered pans, a distance apart; bake until brown.

—*Fifth Avenue.*

SOFT GINGER CAKE

One and one-half cupfuls of baking molasses, one-half cupful of melted lard, one-half cupful of lukewarm water, one-half cupful of granulated sugar, two eggs, two cupfuls of flour, one teaspoonful of soda dissolved in hot water, one and one-half teaspoonfuls of cinnamon, one-half teaspoonful of cloves, a little nutmeg.

—*Mrs. I. Fannan.*

GINGERBREAD

One cupful of New Orleans molasses, one cupful of sugar, one cupful of shortening (butter and lard), three eggs, three cupfuls of flour, one teaspoonful of soda dissolved in hot water, one heaping teaspoonful of ginger, one teaspoonful of cinnamon, one teaspoonful of cloves, one teacupful of very hot water put in last.

—*Mrs. Van Ormer.*

MOLASSES GINGER CAKE

One cupful of New Orleans molasses, one cupful of sugar, one-half a cupful of butter and lard, one cupful of cold water, two eggs, one teaspoonful of soda dissolved in hot water, one tablespoonful of ginger, one tablespoonful of cinnamon and one quart of flour. Flour one cupful of currants and stir them in the mixture.

—*Mrs. S. W. Finnigan.*

MOLASSES CAKES

Two cupfuls of sugar, one cupful of molasses, one cupful of lard and butter mixed, two teaspoonfuls of soda dissolved in half a cupful of hot water, five cupfuls of flour, one tablespoonful of ginger, one tablespoonful of cinnamon, two eggs and a little salt; mix and drop on tins. Bake in moderate oven.

DROP GINGER CAKES

One cupful of lard, one pint of molasses, one pint of thick cream or milk, one-half cupful of sugar, two teaspoonfuls of cinnamon, one-quarter teaspoonful ginger, one-quarter tea-

spoonful of cloves, two tablespoonfuls of soda; flour to make a soft dough; mix in order given and do not fail to use the required amount of soda.

—*Gordon.*

GINGER CAKES

Two pounds of brown sugar, one pint of lard, one pint of buttermilk, one quart of molasses, two tablespoonfuls of soda dissolved in boiling water, two tablespoonfuls of ginger; mix stiff, let stand over night; roll, sprinkle with granulated sugar; bake.

—*Mrs. H. Thorne.*

SNAPS

One large cupful of butter and lard, one large cupful of sugar, one large cupful of molasses, one-half cupful of cold water, one teaspoonful each of ginger, cinnamon, soda and cloves; add flour enough to roll.

—*M. R. Finnigan.*

GINGER SNAPS, NO. 1

One cupful of brown sugar, two cupfuls of molasses, one large cupful of butter, two teaspoonfuls of soda, two teaspoonfuls of ginger, three pints of flour to commence with; rub shortening and sugar into the flour; dissolve soda in one tablespoonful of boiling water; mix all together and add sufficient flour to roll very smooth and thin; the more flour that can be worked in and the smoother they can be rolled, the more brittle they will be.

—*Miss H. Rhodes.*

GINGER SNAPS, NO. 2

Two cupfuls of New Orleans molasses, one cupful of sugar, one and one-half cupfuls of shortening, one teaspoonful each of ginger and cinnamon, two teaspoonfuls of soda dissolved in a little hot water, salt, flour enough to roll. Roll thin.

—*Sara J. Stern.*

GINGER SNAPS

One and one-half cupfuls of New Orleans molasses, one cupful each of sugar and lard; boil these together five minutes after coming to the boiling point; let cool a little, then add a teaspoonful each of ginger and soda; stiffen with

flour and handle as little as possible, as rehandling toughens it. Use small quantities so as not to roll any of it twice. It requires considerable flour to stiffen. Roll thin and bake in quick oven.

—*Gordon.*

GINGER CAKES

One cupful of sugar, one cupful of lard, two cupfuls of New Orleans molasses, one tablespoonful of ginger, one tablespoonful of baking soda dissolved in a cupful of boiling water. Flour enough to mix and roll out soft.

—*Mrs. J. G. Hagee.*



ICINGS

CARAMEL ICING

Two cupfuls of brown sugar, one-third of a cupful of cream, butter size of an egg, one teaspoonful of vanilla; boil until thick.

—*Mrs. Wm. R. Jackson.*

GELATINE ICING

Cover a tablespoonful of gelatine with four tablespoonfuls of cold water, soak for half an hour and then dissolve over hot water; strain into a bowl, add a teaspoonful of lemon juice and as much powdered sugar as it will hold to pour nicely.

CHOCOLATE ICING

Four tablespoonfuls grated chocolate, eight tablespoonfuls (or more) confectioner's sugar, one teaspoonful melted butter, four tablespoonfuls boiling water; mix chocolate and boiling water, add sugar and butter, beat thoroughly.

—*Mrs. Shirey.*

LEMON ICING FOR CAKE

Three-fourths cupful of sugar, one egg, juice and grated rind of a lemon; stir (don't beat) all together; cook until clear.

LADY BALTIMORE ICING

Three cupfuls of sugar, one cupful of water, boil until it spins a thread, add to whites of three eggs beaten stiff, then add one cupful of chopped raisins, one cupful of hickory nuts and five shredded figs.

—*Ivison.*

BOILED ICING

One and a half cupfuls of granulated sugar, six tablespoonfuls of water; boil until it drops from prong of fork; pour gradually on the whites of two eggs which have been beaten stiff on a large platter, beating until it forms without running. Spread at once between the layers of the cake and on top.

—*Gordon.*

ORANGE ICING

One pound of pulverized sugar, one tablespoonful of hot water, juice and grated rind of an orange and a lemon.

—*Ivison.*

MAPLE SYRUP ICING

Three-fourths of a pound of maple sugar, one-half cupful of water; boil until it spins a thread; beat the whites of two eggs very stiff; pour the syrup on and beat until stiff.

—*Ivison.*

CARAMEL ICING, NO. 1

Two cupfuls of brown sugar, one cupful of white sugar, one-half cupful of cream, one-half cupful of butter, one or two tablespoonfuls of New Orleans molasses; melt butter, add cream, then sugar; cook until real thick, then add molasses and vanilla; let cool before spreading on cake.—*Ivison.*

CARAMEL ICING, NO. 2

Two cupfuls of brown sugar, one-third of a cupful of cream, small piece of butter; flavor with vanilla; cook until it will stiffen in water; let cool a little before spreading on the cake.

—*Mrs. H. Ash.*

BOILED CHOCOLATE ICING

One cupful of powdered sugar, quarter of a cake of chocolate (shaved), two tablespoonfuls of boiling water, the white of an egg; cook one-third of the sugar, the chocolate and the water together, until smooth; have the egg and the remainder of the sugar beaten together and pour into this the hot chocolate. Beat well and spread over the cake at once.

—*Mrs. C. E. Binkley.*

GERMAN FILLING

Put three ounces of chocolate in a double boiler, when melted add three-fourths cupful of milk, one-half cupful of sugar; when smooth and hot remove from the fire, add the yolk of one egg and a teaspoonful of vanilla; when cool spread between layers of chocolate cake.

ORANGE FILLING FOR CAKE

Put one-half pint of milk into a double boiler, moisten two tablespoonfuls of flour with a little cold milk; add it to the hot milk; stir and cook until smooth and thick; add one-half a cupful of sugar and the grated rind of half an orange. Beat the yolks of three eggs until creamy; add them to the mixture, cook just a moment and take from fire; add gradually two or three tablespoonfuls of orange juice and stand aside to cool. For one thick layer between two layers of sponge cake.

CUSTARDS, DESSERTS, ICES, &c.

In making custards the great art lies in stirring briskly until it commences to thicken, and if this is continued until cool this will prevent crust from rising to the top; this may be applied to all creams made with custard.

In baking custard, always have a moderate oven, as too much heat will turn it to whey.

Custards are nice baked in cups to serve to each person.

Mix custard, set cups in hot water, place in oven to bake.

If eggs are used for ice cream, always cook them with the milk or cream. Scalding milk or cream (not boiling) is not necessary, but the ice cream will be much the richer by so doing.

If part milk is used, for convenience, the ice cream will be improved if the cream is whipped.

The best quality of ice cream is made by scalding half the cream; this prevents excessive swelling.

If cream is to be flavored with fresh fruits, mash fruit fine; if fruit is sour, add after cream is frozen.

To heat milk without scorching, stir in sugar intended to use in the recipe, like for custards, creams, etc., before putting on to boil when not using a double boiler.

Flavorings such as oils, lemon, orange, etc., may be cooked with the cream.

In making ice cream, chip the ice into fine pieces, the finer the better, as it freezes more rapidly if packed closely.

In the preparation of ices, the sugar and water should be boiled, the scum that arises should be removed and syrup strained while hot through a cloth. The mixture is sweeter before it is frozen than afterwards, and it requires longer to freeze than ice cream.

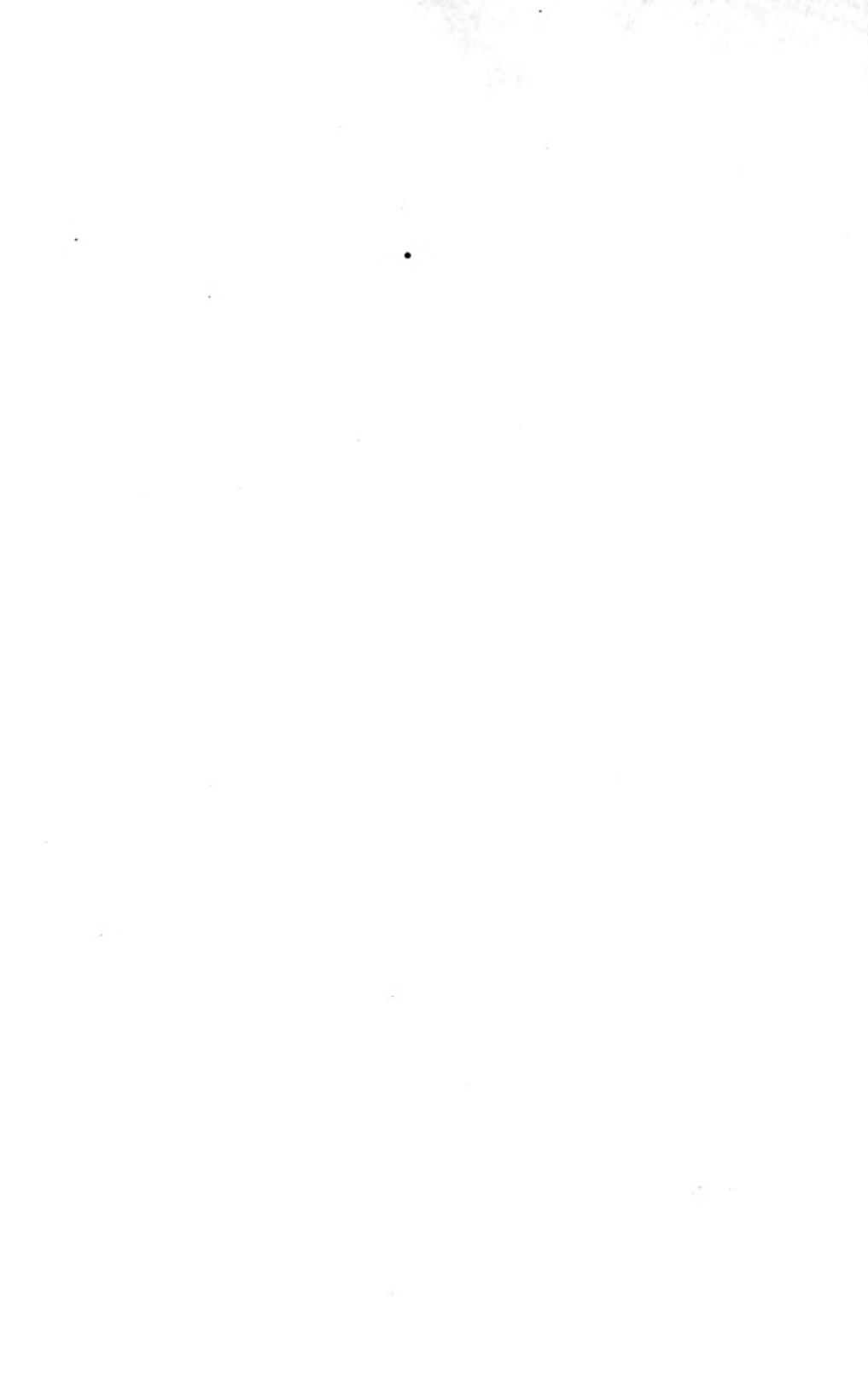
In making sherbets stir constantly while freezing; after the dasher is removed, stir in the meringue, which is made



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in the proportion of the white of one egg to one tablespoonful of pulverized sugar. This addition to frozen sherbet makes it smooth.

FRAPPES, PARFAITS AND MOUSSES

Frappe is a partly frozen water ice, frozen without stirring; like wet snow. Parfaits and mousses are frozen whipped creams. A nice parfait is made by stirring whipped cream into ice cream at serving time.

GRAPE JUICE FRAPPE

One pint of grape juice, one cupful of orange juice, juice of two lemons, two cupfuls of granulated sugar, four cupfuls of water, boil sugar and water fifteen minutes and add the fruit juice; strain, add a pint or more of cold water and more sugar if necessary. Do not freeze too hard. —"Miriam."

MAPLE PARFI

One quart of cream, one pint of milk, six eggs, four cupfuls of maple syrup; boil syrup until it threads, beat eggs separately and put syrup in the yolks, add whites, cream and milk, freeze. This will make four quarts. —"Mulkin."

CAFE MOUSSE

One quart of cream (whipped), one-fourth pound pulverized sugar, four eggs, one tablespoonful of vanilla, one cupful of strong coffee; mix yolks of eggs with sugar, add coffee, very hot; then vanilla, beat with whites until cold, and whipped cream; stir and freeze. —"Ivison."

CHERRY MOUSSE

Stem and pit, sweet, perfectly ripe red cherries; cook in a syrup until tender, rub through a sieve, making a thick puree; when cold add one and one-half pints of whipped cream to the pulp of two pounds of cherries. Turn into molds and pack in ice and salt for four or five hours.

SHERBET

Two cupfuls of water, two cupfuls of sugar, juice of five oranges, juice of five lemons, strain; when nearly frozen add

the whites of two eggs beaten to a stiff froth. Freeze in
freezer. —*Gordon.*

CANTON SHERBET

Quarter of a pound of Canton ginger, cut in small pieces, add four cupfuls of water and one cupful of sugar; boil fifteen minutes, flavor with one-half cupful of orange juice and one-third of a cupful of lemon juice; cool, strain and freeze. Sufficient to serve twelve people.

ORANGE SHERBET

Two cupfuls of orange juice, two tablespoonfuls of gelatine, two cupfuls of sugar, four cupfuls of water, soak the gelatine an hour in a little cold water; boil sugar and water together five minutes, add gelatine, cool; when cold add the orange juice and strain through a cloth. Freeze and add a meringue. —“*Our Favorite.*”

PEACH ICE CREAM

One and one-half pints of cream, one pint of milk, one tablespoonful of flour, twelve ounces of sugar, yolks of two eggs, one quart of sliced peaches, add six ounces of the sugar to the peaches, mash fine, make a custard with milk, eggs, flour and remainder of sugar, let stand until cold, freeze; when nearly frozen add fruit and the whites of the eggs beaten stiff; finish freezing. —“*Miriam.*”

VANILLA ICE CREAM

One quart of cream, one-half pound of sugar and two tablespoonfuls of extract of vanilla. Put half of the cream and the sugar on to boil in a double boiler, stir constantly for ten minutes; take from the fire; when cold add the remainder of the cream, the vanilla, and freeze. —*G.*

FIVE THREES

Three oranges, three lemons, three small bananas, three cupfuls of sugar and three cupfuls of water. Mash bananas, add juice of oranges and lemons, mix well with sugar and water; freeze. —*M.*

ICED CURRANTS

Crush red ripe currants with a silver fork, sugar well and stand on ice; sieve in sherbet glasses with a spoonful of shaved or crushed ice on each glass. Good. —“*Miriam.*”

FROZEN CHERRIES

Two quarts of red sour cherries, seeded, or one quart can of unsweetened ones, two pounds of sugar and one and a half pints of water, one tablespoonful of lemon juice; chop cherries, add sugar and let stand one hour, add water and lemon juice, put in freezer; turn until frozen. —“*Miriam.*”

FROZEN CUSTARD

Four cupfuls of milk, four eggs, one cupful of sugar, one tablespoonful of vanilla and two tablespoonfuls of corn-starch; put milk in farina boiler over fire, moisten corn-starch with little cold milk, then add to hot milk; stir until it begins to slightly thicken; add the eggs well beaten to the hot milk, cook one minute; remove from fire, add vanilla; when cold freeze same as ice cream. —*Gordon.*

PRUNE SOUFFLE

Soak prunes all night, then bring to the boiling point, remove the skins by pressing through a colander; have the consistency of mashed potatoes; add the beaten whites of eggs and bake. —*H.*

ORANGE SOUFFLE

Peel and slice six oranges, put in a dish in alternate layers with sugar, let stand two hours; make a soft boiled custard with one pint of milk, yolks of three eggs, sugar to taste, with a grating of orange peel for flavor; pour over oranges when cool; beat the whites of the eggs to a stiff froth; add pulverized sugar and put over top.

QUEEN VICTORIA'S FAVORITE DESSERT

One small box of gelatine dissolved in half a pint of cold water, then add half a pint of boiling water and at the same time two cupfuls of sugar and the juice of two lemons; also two bananas, two oranges, six figs and ten English walnuts. Serve with cream. Elegant. —*H.*

SPANISH CREAM

Soak half a box of gelatine in one pint of milk for one hour, add one pint more and let come to a boil, beat one cupful of sugar, yolks of four eggs, until very light, add to the milk and again bring it to the boiling point; remove from stove and add well-beaten whites; flavor and stir briskly until well mixed.

—*Mrs. E. L. Branson.*

FRENCH CARAMEL CUSTARD

Into a good pudding dish melt four tablespoonfuls of granulated sugar to a clear bright brown, stirring carefully until it is thoroughly caramelized, then pour on it gradually one pint of scalding milk, which must be fresh, then pour this liquid on two beaten eggs; return to pudding dish, bake in slow oven with asbestos plate underneath until custard is set. Caramel which has hardened on the pan will dissolve in the baking.

—*M. C. Hughes.*

CUP CUSTARD

One pint of sweet milk, three eggs, three tablespoonfuls of sugar, flavoring to taste; put in cups and stand in a pan of hot water and bake.

—*Mrs. C. E. Binkley.*

TAPIOCA CUSTARD

Soak three tablespoonfuls of tapioca over night in a pint of cold water; then add one quart of milk, boil, then add one-half cupful of sugar and four eggs; let boil until thick custard.

—*Mrs. Grier Hoskius.*

CORN STARCH CUSTARD

One quart of milk, four heaping tablespoonfuls of sugar, three eggs, reserve whites of two, one tablespoonful of cornstarch; heat the milk, stir cornstarch into a little cold milk, mix with the eggs and sugar, stir into the hot milk, cook until thickens, flavor with vanilla. Take the whites of two eggs, beat lightly and add three tablespoonfuls of confectioner's sugar, flavor with vanilla, and put on pudding in tablespoonfuls, brown in oven.

—*Mrs. J. H. Hershey.*

STRAWBERRY CHARLOTTE

Make a boiled custard with one quart of milk, yolks of six eggs, and three-fourths of a cupful of sugar. Line a berry dish with slices of sponge cake or lady fingers dipped in sweet cream; lay on them ripe strawberries alternately with the cake; when the custard is cold pour over. Beat the whites of the eggs to a stiff froth, add a little sugar, put over top, ornament with ripe strawberries. —*A Member.*

CHOCOLATE JUNKET

One quart of milk, one-half cupful of sugar, one square of chocolate or two rounding tablespoonfuls of cocoa, one junket tablet, flavor with vanilla; add milk and sugar, melt chocolate, add one-half cupful of the milk; boil one minute; add this and the flavoring to the remainder of the milk; if not lukewarm heat to that temperature. Stir in the junket tablet dissolved in a tablespoonful of cold water; mix thoroughly and pour into glasses or bowl; cover with a clean cloth; when set remove to a cool place. Serve with whipped cream piled on the glasses. —*Mrs. Ian Ormer.*

FLOATING ISLANDS

One quart of milk, five eggs, five tablespoonfuls of sugar; scald the milk, then add the beaten yolks and one of the whites together with the sugar. First stir in a little of the scalded milk, to prevent curdling, then all of the milk. Cook, remove from fire and flavor; cool, pour into dish. Beat the four whites to a stiff froth and beat into them three tablespoonfuls of sugar and drop by spoonfuls over the custard, so the little islands will not touch each other. A little jelly may be dropped on each island if desired. —*A Member.*

LEMON FOAM

Two cupfuls of hot water, one small cupful of sugar, two tablespoonfuls cornstarch, juice of one lemon, whites of two eggs; boil sugar and water and add cornstarch dissolved in cold water, stir well while boiling; after boiling five minutes

add lemon juice, then set away to cool, whip the eggs and add to the cornstarch; when almost cold make a custard with one pint of milk, two spoonfuls of sugar and yolks of two eggs; pour custard over lemon foam. Sufficient quantity for five persons.

—*Miss H. Rhodes.*

LOG CABIN

Split lady fingers in halves, spread with jelly, build log cabin fashion on fancy glass dish, pour over a cold soft custard made from yolks of four eggs, one-half cupful of sugar and a pint of milk; when ready to serve beat whites of eggs to a stiff froth, garnish edge of dish or put around "cabin." Use flat dish, so lady fingers will stand above custard.

CHARLOTTE RUSSE

Half box of gelatine, one cupful of milk, one pint of cream, one cupful of pulverized sugar, whites of two eggs, one large teaspoonful of vanilla; soak gelatine in milk one hour; heat in double boiler; while heating whip cream and the whites of eggs beaten to a stiff froth, then add sugar slowly, then vanilla; when gelatine is cool stir slowly into cream. Pour into mold lined with lady fingers or stale sponge cake.

—*M.*

CREAM PUFFS

One cupful hot water, one-half cupful of butter, boil together and while boiling stir in one cupful sifted flour (dry). Take this from stove and stir to a smooth paste; after this cools, stir in three eggs (not beaten), stir it five minutes; drop from tablespoon on a buttered tin and bake in a quick oven twenty-five minutes, being careful not to open oven door oftener than is absolutely necessary. This makes 12 puffs. Do not allow them to touch each other in the pan.

For the Cream.—One cupful of milk, one-half cupful sugar, one egg, three tablespoonfuls of flour; flavor with vanilla. When both this and the puffs are cool, open the puffs with a sharp knife and fill them with the cream. These never fail to puff.

—*Mrs. T. S. Gilbert.*

APPLE FLOAT

To one pint of sweetened ice cold apple sauce, beat the whites of two eggs to a stiff froth, add two heaping tablespoonfuls of sugar; add apples and beat all lightly together and serve ice cold with cream. —*Mrs. E. L. Branson.*

MOONSHINE

Beat very stiff the whites of three eggs, add three tablespoonfuls of powdered sugar, cut fine six ripe peaches, add to whites without much stirring. Serve with sugar and cream.

CHERRY JELLY

Add the juice of two lemons and half a cupful of cold water to two ounces of granulated gelatine, let stand five minutes then dissolve in a pint of boiling water; to a quart of canned sour cherries add one quart of cold water; strain the gelatine, etc., into this and if necessary sweeten; stand in a cool place to harden; cut in squares and turn into a glass bowl. Serve with plain or whipped cream. This will be more attractive if a little red coloring is added to the jelly.

—*Mrs. Van Ormer.*

SALADS AND DRESSINGS

SALAD

Take a head of lettuce, medium size, break apart, rinse, lay aside the inside leaves to line salad bowl or saucers, cut the remainder fine, dice three medium-sized tomatoes and two onions; add this together with two hard-boiled eggs cut fine to the lettuce; make a dressing with vinegar, salt, pepper and sugar to taste. If vinegar is too strong dilute with water; pour this over the mixture placed on the leaves in the salad bowl; over the top slice very thin small red radishes, unpared.

—*Mrs. Ella M. Lowery.*

FRUIT SALAD

Half dozen of oranges, half dozen of bananas, one pineapple, cut in small pieces, sugar if necessary; drain off the juice before adding the dressing. Mix and serve on lettuce.

Dressing.—Yolks of three eggs, saltspoonful of salt, one heaping tablespoonful of flour, one cupful of sugar; beat all together until smooth, then add one and one-half cupfuls of cream and enough vinegar to taste.

—*W. C.aver.*

WHITE GRAPE SALAD

Cut in quarters and remove the seeds from one pint of white grapes, add one cupful each of chopped apples, chopped celery and one-half cupful of English walnuts. Mix ingredients and moisten with mayonnaise.

CHICKEN SALAD, NO. 1

Prepare chicken same as for roasting, put in a kettle of boiling water, add a small chopped onion, a bay leaf (if you like it), one-half teaspoonful of whole pepper corns, and one-third teaspoonful celery seed; allow the chicken to boil rapidly for five minutes, then simmer slowly until tender. This will make the dark meat almost as white as the white. Remove the chicken, and when cold take the pieces in large



pieces from the bones, rejecting all fat and skin; cut the meat into dice, measure it, and then cut into same sized pieces; sufficient celery to make one-half the quantity. If the salad is not to be served immediately, keep the chicken and celery apart until serving time, then mix together and to each quart add a level teaspoonful salt and one-half teaspoonful pepper, and sufficient mayonnaise dressing to cover every piece; toss with two forks until each piece is covered then turn into a salad bowl that has been garnished with lettuce leaves; pour over a little extra dressing and sprinkle over a tablespoonful of capers that have been drained dry, or garnish with olives and celery tips.

Mayonnaise Dressing.—Put the yolks of two eggs into a clean cold soup dish, add a quarter teaspoonful salt and a dash of cayenne pepper; work these well together and then add drop by drop one-half cupful of olive oil; stir rapidly and steadily while adding the oil, and after the first half cupful has been added, alternate occasionally with a few drops of vinegar. A cup of oil will make sufficient dressing for the above salad. At serving time stir in half the quantity (or more) whipped cream. This softens the dressing and makes it more palatable.

—*Boston.*

CHICKEN SALAD, NO. 2

Boil chicken until very tender; when cold remove skin and cut the meat in pieces, half inch cubes. If the salad is to be very nice, use white meat only, leaving the dark for croquettes; cut celery in pieces, one-half inch long; to each pint of chicken use two-thirds of a pint of celery and one and one-half cupfuls of mayonnaise dressing. Sufficient to serve eight or ten persons.

—*Ivison.*

CHICKEN SALAD, NO. 3

One four pound chicken, two pounds of veal, same quantity of celery. Mix and cook the following and pour over when cold, yolks of five eggs, small tablespoonful of flour, small tablespoonful of sugar, teaspoonful salt, half teaspoonful mustard, cup and a half cream, half cup of vinegar and one tablespoonful butter.

—*Mrs. Jas. R. Purwling.*

TOMATO AND CELERY SALAD

Peel medium-sized tomatoes; cut off stem end, and with a spoon handle scoop out some of the centre. Fill with finely chopped celery and green pepper; (a little cucumber and onion may also be added). Place on lettuce leaves and serve with mayonnaise.

—*M. W. Mast.*

TOMATO AND SWEETBREAD SALAD

Take tomatoes, uniform in size, peel, and cut a small slice off the top and take out the inside; then set on ice to chill; have one pair of sweetbreads boiled and cut into small pieces, add a little chopped celery; mix with mayonnaise, and fill the chilled tomatoes; put a teaspoonful of dressing on each one, and place on lettuce leaves to serve.

—*M. W. Mast.*

WALNUT SALAD

One cup of walnuts, chopped fine, cut some celery and add to nuts. Pour over mayonnaise dressing, and place on lettuce leaves.

—*Mrs. E. P. Dickinson.*

WALDORF SALAD

One cupful chopped apples, one cupful chopped celery, half cupful of chopped walnuts; mix with mayonnaise dressing and serve.

SALAD DRESSING

Half cupful of vinegar, one teaspoonful of sugar, a little salt and pepper, two eggs, butter size of walnut, three tablespoonfuls of sweet milk. Beat the yolks of the eggs, add the milk, then the seasoning, butter, then vinegar; set on stove; stir constantly, and as soon as it comes to a boil, remove from stove; add whites, beaten to a stiff froth. When cool, ready for use.

—*Mrs. T. R. Toomey.*

FRENCH DRESSING

One tablespoonful of vinegar, three tablespoonfuls of olive oil, one-half teaspoonful of salt, one-fourth of a teaspoonful of pepper or paprika.

—*Ivison.*

MAYONNAISE

Beat yolk of one egg into the following: Half teaspoonful of salt, half teaspoonful of mustard, pinch of red pepper. Work into this four tablespoonfuls (or a gill) of oil, alternate with vinegar, using a few drops of each at a time.

—*Mrs. M. R. Finnigan.*

MAYONNAISE DRESSING

Yolks of two eggs beaten, add salt and red pepper to taste, also a little mustard if desired; work in this drop by drop a half pint of olive oil, add last a little vinegar or lemon juice. If the dressing is too stiff thin with cream; more oil may be added, according to the quantity of dressing required.

—*Ivison.*

AUNT JANE'S COLE SLAW DRESSING

Yolk of one egg, a very small teaspoonful of mustard, one tablespoonful of sugar, one tablespoonful of butter, two or three tablespoonfuls of vinegar, according to strength; rub egg, mustard and sugar together, melt butter in vinegar, stir all together, put on back of stove and stir until it thickens, then put away to cool; add salt to taste and three tablespoonfuls of cream when ready to pour on cabbage.

—*Mrs. Van Ormer.*

PICKLES, JELLIES, PRESERVES

Always use cider vinegar for pickles, and if too strong dilute it or it may eat up the pickles.

It is a much safer plan to have pickles tightly sealed to prevent the air from reaching them.

In making brine for pickles, use coarse salt, and make strong enough to bear an egg.

Scald the vinegar and pour over, put in bottles, seal while hot.

Keep in a cool place, but always above the freezing point.

Add a peck of grape leaves to half a barrel of pickles in brine to prevent from getting soft.

Pickles may be clarified by adding a piece or two of horseradish in each jar; this will sink to the bottom, taking the scum with it.

Alum helps to make pickles crisp; horseradish and nasturtium-seeds prevent the vinegar from becoming mouldy.

If pickles are kept in stone jars, invert a plate over them to keep them under the vinegar.

In selecting tomatoes for catsup be sure they are perfect, this is true of all of the ingredients to insure best results.

To prevent mould from forming on the top of catsup do not fill the bottles quite full with the catsup, then fill up with hot vinegar.

After opening a bottle, if it commences to ferment before used scald it, if too thick a little vinegar may be added.

All fruits may be canned with or without sugar.

In canning fruits, the jars must be sterilized; to be so they must be thoroughly heated and the general directions for the canning of one will answer for all kinds of fruits, thus:

Wash the fruit carefully, taking great care to discard all that is imperfect; pack in clean jars, put on the rubbers and fill with cold water or cold syrup; lay on the lids, but do not fasten. Put a wooden or wire rack on the bottom of a wash-

FRUIT JAMS, MARMALADES, PRESERVES

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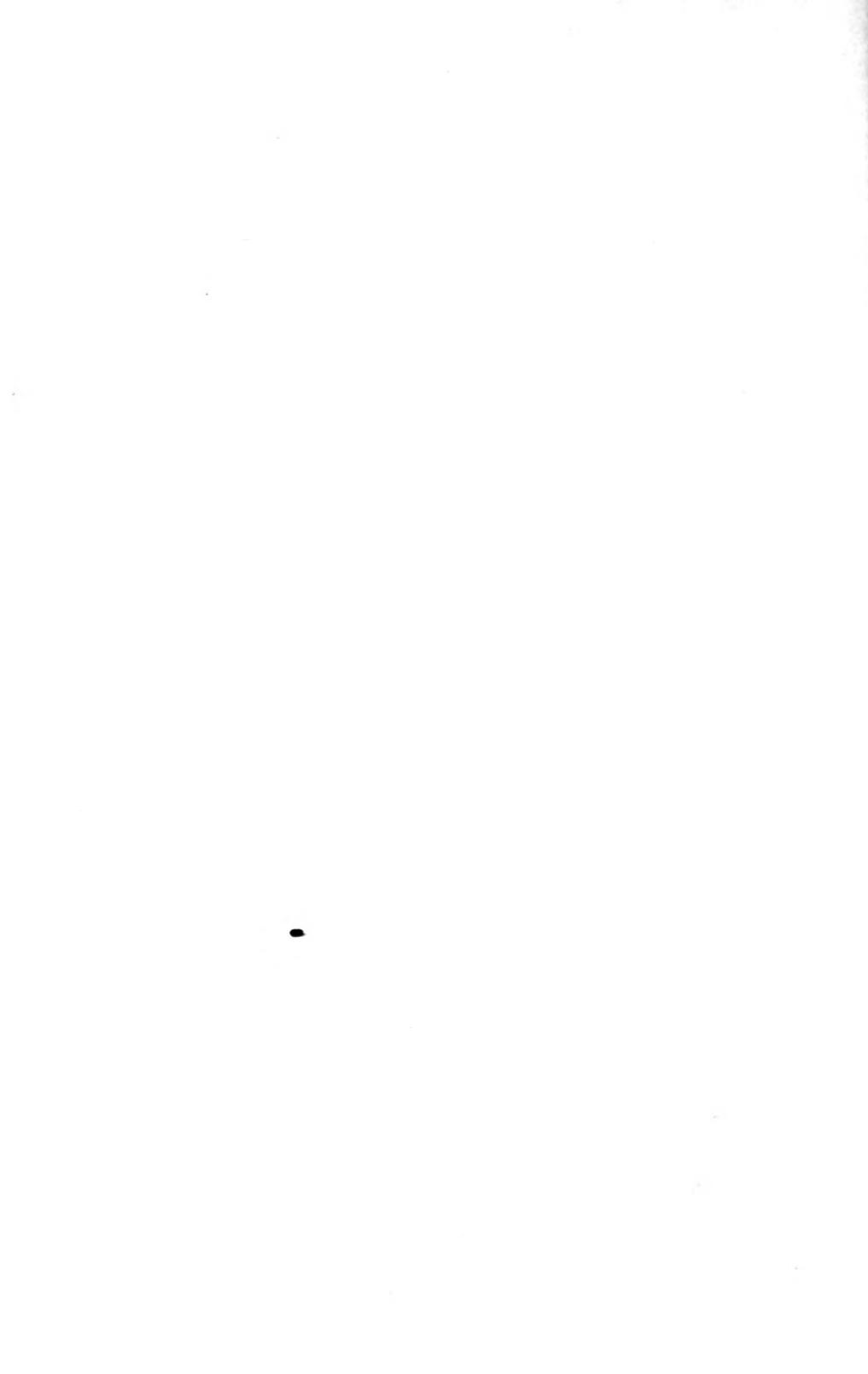
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boiler, stand in the jars, surround them half way up or a little more with cold water, put lid on boiler, boil rapidly the given time. Remove a jar at a time, screw lid on tightly without removing from jar.

The fruit will keep whether the jar is full or not; thus it is best not to meddle with the lid lest in some way the fruit may be contaminated.

Small fruits, such as strawberries, etc., do not require water, but may be treated as directed above; after reaching the boiling point the lids may be lifted and take the fruit of one jar or more to fill up with; fasten lids, return to boiler and boil five minutes longer.

Small fruits, such as berries, should be cooked about ten minutes at first and five minutes more after they have been refilled.

In making jelly, try to use the fruit before it is too ripe, if possible; it is not only a much better flavor, but the jelly is much easier made.

The juice can be much easier extracted if the fruit is heated gradually and not allowed to boil too much; the jelly will be much clearer by this method.

Place the fruit in a jar, set jar in a vessel with water in and let the fruit cook in this manner until soft; place in a bag, let hang over night and drip. This process may seem slow, but it is sure; strain again to have perfectly clear. A flannel bag is the best for this second straining.

The juice should be measured accurately as well as the sugar; let juice boil a few minutes while the sugar is heating, which can be placed in a pan and put in oven.

Never undertake to make jelly on a damp day; if the juice has been prepared the day previous, set it on the stove until heated through; it will keep and will require less cooking when made.

After putting it into glasses set it in the sun to cool; when perfectly cold melt paraffine and pour over top.

CHOW CHOW, NO. 1

Quarter of a peck of green tomatoes, one dozen peppers, four stalks of celery, one peck of small onions, three large heads of cauliflower and one dozen of pickles; cut all in small pieces, add one-quarter pound of yellow mustard, one-half ounce of tumeric, two quarts of cider vinegar, salt to taste; let stand twelve hours; then boil ten minutes and bottle.

—*Ivison.*

CHOW CHOW, NO. 2

Four quarts of vinegar, one pint of little onions, two quarts each of lima beans, sweet corn, and string beans, two green peppers, one pound of brown sugar, one-half teaspoonful or so of tumeric, one-quarter pound each of mustard-seed and ground mustard, two dozen of small cucumbers and two tablespoonfuls of salt; boil the corn and beans until tender, drain; soak the onions, peppers and cucumbers over night in strong salt water; mix tumeric and mustard with one pint of vinegar, then add to the remainder of the vinegar when nearly boiling; boil all together twenty minutes.

—*Mrs. Wm. R. Jackson.*

CHOW CHOW, NO. 3

Two heads of cabbage, four peppers, one pint of lima beans, two quarts of corn, three tablespoonfuls of whole mustard, one-half tablespoonful ground mustard, two tablespoonfuls celery-seed, two tablespoonfuls of cornstarch, two cupfuls of white sugar; cook beans and corn, chop cabbage; salt and let drain before adding other ingredients; boil two quarts of vinegar with the mustard, previously dissolved in a little vinegar; pour while hot, not boiling, over all.

—*Mrs. H. Thorne.*

CHOW CHOW, NO. 4

One peck of green tomatoes, one large head of cabbage, four large onions, large bunch of celery, two red and three green peppers, one dozen small ears of corn, two pounds of sugar, two tablespoonfuls of yellow mustard-seed and one tablespoonful of celery-seed and one tablespoonful of ground

cinnamon; cut the tomatoes and cabbage, salt and let stand over night; drain, chop and add the other ingredients; cover with vinegar and boil slowly two hours.

—*Mrs. Clara E. Binkley.*

CHUTNEY SAUCE

Twelve green sour apples, two green peppers, six green tomatoes, four small onions, one cupful of raisins, one quart of vinegar, two tablespoonfuls of mustard seed, two tablespoonfuls of salt, one tablespoonful of powdered sugar and two cupfuls of brown sugar. Remove the seeds from raisins and peppers, add tomatoes and onions, chop all fine; put vinegar, sugar and spices on to boil, add the chopped mixture; simmer one hour, add apples, pared and cored, and cook slowly until soft. Keep in small bottles well sealed.—C.

BORDEAUX SAUCE

One gallon of chopped cabbage, one gallon of sliced green tomatoes, one dozen onions, one ounce each of tumeric, celery-seed, whole allspice, ground ginger and whole cloves, one-quarter pound of white mustard-seed, one gill of salt, one and three-fourths pounds of sugar, one gallon vinegar; boil all together twenty minutes. —*Mrs. H. E. Russell.*

CHILI SAUCE

Chop fine nine large ripe tomatoes, one green pepper and two onions, one cupful of vinegar, two tablespoonfuls of sugar, one teaspoonful each of salt, cloves and celery-seed. Boil half an hour; bottle and seal. —*Mrs. Wm. R. Jackson.*

SHIRLEY SAUCE

One-half peck of ripe tomatoes, peeled and chopped very fine, four green peppers chopped fine, and if desired four onions; mix and add six tablespoonfuls of sugar, two tablespoonfuls of salt, two tablespoonfuls of ground cloves, a little cayenne pepper and one pint of vinegar; boil slowly until thick enough, then bottle. —*Mrs. E. L. Branson.*

PICKLED CABBAGE

Take one gallon of chopped cabbage, sprinkle with two heaping tablespoonfuls of salt; let stand two hours, then

mix with two gills of mustard-seed, one teaspoonful of all-spice, one-half pound of sugar, one tablespoonful of black pepper, one tablespoonful of cloves, one pint of chopped onions and two tablespoonfuls of celery-seed. Cover with good cider vinegar.

—R. H. P.

PEPPER CABBAGE

Cut fine three small heads of cabbage, two stalks of celery, one-half dozen peppers; rub a handful of salt through the cabbage; add celery and peppers and one pound of sugar; mix all well together and add one quart of vinegar.

—Mrs. C. E. B.

CUCUMBER PICKLE

Three pints of ripe cucumbers, chopped size of chestnuts, four onions, chopped; salt and drain over night; place in earthen vessel and cover with vinegar; boil until tender; while boiling add one teaspoonful each of brown mustard seed, white mustard seed, celery seed, tumeric and corn-starch (the latter two dissolved in vinegar), a little black pepper; put in glass jars.

—Mrs. H. E. Russell.

CUCUMBER RELISH

Chop fine three dozen of large cucumbers and four large onions, add three-fourths cupful of salt and drain over night; then add one-half cupful of white mustard-seed, one-half cupful of black mustard-seed, two tablespoonfuls each of celery-seed and whole pepper. Pack in glass jars, cover with boiled vinegar, cooled; keep in a dark place.

—Mrs. H. E. Russell.

SOMETHING NICE PICKLE

Remove the seeds of green tomatoes and cut into small pieces to amount of six pounds; seed and cut fine five peppers, green and red; two and one-half pounds of sugar, one quart of vinegar, a few drops each of oil of cloves and cinnamon. Boil all together one hour.

—Mrs. J. G. Hagee

HIGH TONED PICKLE

One quart of onions, one head of cabbage, one quart of lima beans (well cooked), four green peppers, one quart of

corn (boiled), to cupfuls of sugar, mustard and celery-seed to suit taste, three tablespoonfuls of salt; chop all fine, then pour over two quarts of vinegar. Cook five minutes, then bottle; seal while hot.

—*Mrs. J. P. Young.*

PEPPER HASH

One small head of cabbage, chopped, one stalk of celery, one red or green sweet pepper, a pinch of red pepper, one good-sized tablespoonful of sugar, one teaspoonful of salt and cold vinegar enough to moisten it; made just before serving.

—*Mrs. Grier Hoskins.*

PICKLED ONIONS

Peel and boil small white onions in equal quantities of sweet milk and water, twelve or fifteen minutes. Drain and pour spiced vinegar, scalding hot, over them immediately. Do not use allspice, or they will be dark.

TO CAN LITTLE PICKLES

Make a brine to bear an egg, make boiling hot and pour over pickles, let stand a half day, then pack in jars. To four quarts of vinegar add two cupfuls of granulated sugar, one ounce of mustard-seed, one ounce of cloves, tied in a cloth, a little cayenne pepper and alum size of walnut. Heat to boiling, set jars in pan of hot water and pour over.

—*Mrs. C. E. Binkley.*

TOMATO CATSUP, NO. 1

One-half bushel tomatoes, one-half cupful of salt, two ounces of cloves tied in a cloth, one-fourth pound of whole black pepper, one-half ounce cayenne pepper, ten onions, two pounds of brown sugar, one handful of peach leaves; boil all together three hours, stirring to keep from burning; when cool strain through a fine sieve, then add one quart of vinegar and boil one hour more.

—*Mrs. C. E. Binkley.*

TOMATO CATSUP, NO. 2

One peck of ripe tomatoes, one teaspoonful of fine salt, one-half teaspoonful of ground black pepper, two tablespoonfuls each of cloves and allspice, two large red peppers

chopped fine, four onions, one-half cupful of celery-seed, one-half pound of brown sugar; peel tomatoes and boil all, except celery-seed, an hour or more in a porcelain kettle, then press through a sieve; add celery-seed, boil half an hour longer; add one quart of good vinegar, let come to boil; bottle and seal while hot.

—Ivison.

TOMATO CATSUP. NO. 3

One can of tomatoes, boil and strain; add one-half cupful of sugar, one cupful of vinegar, one-half teaspoonful of salt, the same of cayenne pepper and one tablespoonful each of cloves, cinnamon and nutmeg; boil an hour; bottle. If juice is saved from canning tomatoes a quart can of this may be substituted for the can of tomatoes.

—C.

COLD CATSUP

One-half peck of ripe tomatoes, chop fine and drain, two peppers, two cupfuls of celery, chopped, two cupfuls of onions, chopped, one tablespoonful of pepper, two tablespoonfuls of salt, one cupful of sugar, two tablespoonfuls of mustard-seed, two tablespoonfuls of horseradish, one quart of vinegar; mix all together; put in air-tight jars.—*Mrs. George.*

GRAPE CATSUP

Stew five pounds of grapes (Concord preferred) until soft, then press through a sieve; add two and one-half pounds of sugar, one tablespoonful each of cinnamon, allspice, cloves and pepper, half tablespoonful of salt and one cupful of vinegar. Boil until thick, then bottle. An excellent sauce for cold meats.

—*A Member.*

ELDERBERRY JELLY

Pick berries from the stems, wash well, put into porcelain lined kettle, add a little water, about a pint to four quarts of berries, cover and cook slowly until juice is well extracted; strain twice; put juice into kettle and cook twenty minutes; add a third as much apple or grape juice, preferably apple, prepared as for jelly, and let stand over night. To every pint of juice allow one pint of granulated sugar; add sugar

after juice has once more come to a boil. Boil two pints in kettle and cook rapidly until it jellies when tested.

MRS. THORNE'S CURRANT JELLY

Cover currants with water, cook until soft, strain, measure to one pint of juice, take the same of sugar; put juice on stove, bring to the boiling point, heat sugar until hot in oven, and dissolve in the juice and pour in glasses.

CRANBERRY JELLY

One quart of fresh, firm cranberries, a generous pint of water and pound of sugar; cook all together, in a porcelain kettle; five minutes after they start to boil, press through a sieve and return to the stove and let come to a boil; turn into molds.

—“Miriam.”

JELLIED CRANBERRIES

One quart of berries, one and one-half cupfuls of sugar, one cupful of water; boil berries in water until soft, press through a sieve, add sugar; boil ten minutes.

—*Mrs. Wm. Fritz Russell.*

LEMON BUTTER

Two fresh lemons, remove seeds, grate, quarter pound butter, one pound of sugar, two well-beaten eggs; mix together and let come to a boil.

—*Mrs. E. L. Branson.*

LEMON BUTTER

Juice of three lemons, two and one-half cupfuls of sugar, one-half cupful of cold water, one tablespoonful of butter, four eggs, well beaten; put all together in a farina kettle and boil about three minutes, stirring constantly.—*Gordon.*

RHUBARB, CANNED

Slice, pack in jars, fill up with cold sterilized water; fasten, keep until ready for use. This requires no cooking, containing sufficient oxalic acid to preserve itself without.

GINGER PEARS

Four pounds of pears, sliced thin, four pounds of granulated sugar, two ounces of green ginger root, two lemons sliced thin, three-fourths of a pint of water; soak ginger root

in water, scrape, put in cloth, pound until it shreds, then add pears; cook one hour. —*Mrs. W. R. Hughes.*

SPICED PEARS

Five pounds of pears, two pounds of sugar, one pint of vinegar; melt sugar in vinegar and cook about ten minutes; following day, boil syrup down, add fruit, cinnamon bark, mace and cloves. —*Mrs. W. R. Hughes.*

EUCHRED PEACHES

Three pounds of whole peaches, one and one-half pounds of granulated sugar, one glassful of cold water, one glassful of vinegar; mix sugar, water and vinegar; let come to a boil; put peaches in syrup, let boil until soft, take out peaches, place in jars and boil syrup until thick, then pour over peaches.

GRAPE CONSERVE

Pulp three pounds of grapes, boil skins and pulp separately; mash pulp through colander, add to skins, then add three pounds of sugar, boil twenty minutes, then add chopped nuts, either English or black walnuts. —*Ivison.*

GRAPEFRUIT MARMALADE

One large grapefruit, one large orange and one large lemon; wash and chop fine, using all but the seeds; soak in an equal amount of water twenty-four hours; boil ten minutes, let stand another twenty-four hours. Measure, bring to the boiling point, and add an equal amount of sugar. Cook about half an hour or until it jellies.

EUCHARED CHERRIES

Remove seeds from red sour cherries, cover with vinegar, let stand two or three days, drain off vinegar and add to the cherries their weight in sugar; let stand again nine days, stirring each day until sugar is dissolved, when they are ready for use. Do not cook. The vinegar may be used for making cherry vinegar.

PINEAPPLE MARMALADE

One quart of pineapple, one pint of water and three pints of sugar; grate the pineapple, then boil all together to desired consistency. —*Mrs. Van Ormer.*

QUINCE HONEY

Two cupfuls of grated quinces, one quart of water, three pounds of sugar; boil quinces and water three minutes; add sugar and boil fifteen minutes or until stiff as desired.

—*Mrs. Rodney Martin.*

SEEDLESS JAM

To one box of currants take two boxes of red raspberries; cook until soft, in water, then press through a sieve; cook a few minutes and use an equal quantity of heated sugar; boil until stiff. Gooseberries may be substituted for currants. Pour into glasses and when cold cover with paraffine.

CANNED PEACHES

Pare your peaches and pack as tightly as possible in jars; to every quart jar of peaches allow one cupful of sugar and one pint of water; let this boil and then pour while warm over peaches; put the lid on tight; when all are ready, place in the bottom of a wash boiler, racks on which to set the jars of peaches, cover with cold water to rim of jars; place on boiler lid and let boil twenty minutes after reaching boiling point; lift boiler from stove and allow jars to remain in the water until it has entirely cooled. —*Gordon.*

SPICED PEACHES OR PEARS

Seven pounds of fruit, five pounds of sugar, three-fourths pint of vinegar, one-eighth ounce of mace, one-fourth ounce each of cinnamon and cloves; put the spices in a bag and pound them; boil sugar, spices and vinegar together, pour over fruit, let stand twenty-four hours; then boil syrup and fruit together, until fruit is tender; let stand another twenty-four hours, then pour off syrup and boil until thick and rich, then pour over fruit and put in stone jars. —*Georgia.*

APPLE BUTTER

Three gallons of cooked apples, one quart of cider vinegar and five pounds of brown sugar. Boil this down to about two gallons and season with cinnamon or any spice desired.

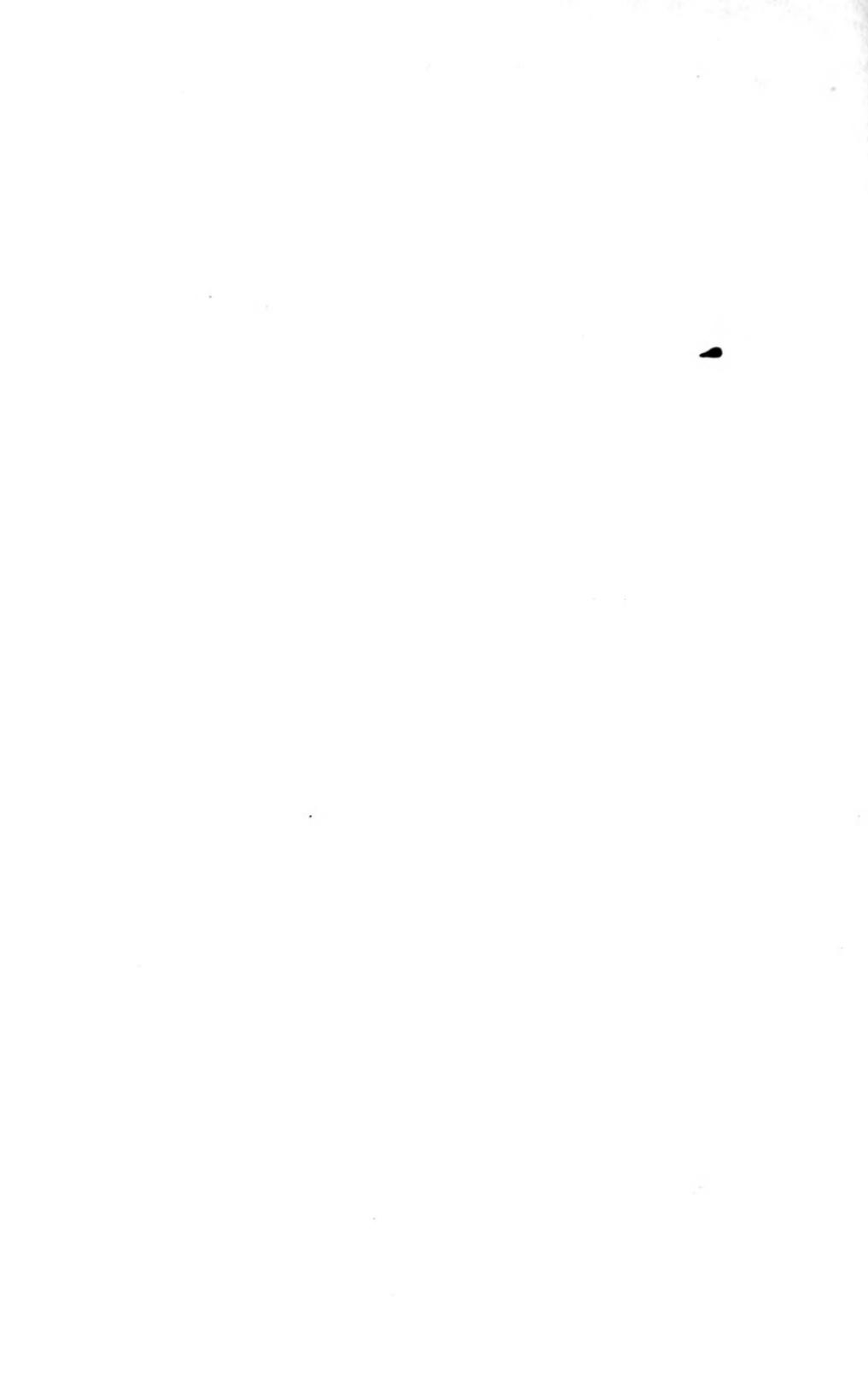
STRAWBERRIES OR CHERRIES, PRESERVED IN THE SUN

To each pound of fruit add one pound of sugar, melt sugar, let come to a boil, add the berries and let boil three minutes; spread on large platters, cover with glass and put in sun for three days; put in jars. Raspberries may be done in same way.

—*Gordon.*







CANDY

In making candy the state of the weather is to be considered, as this work should not be undertaken on a damp or rainy day, as it retains the dampness and will be sticky. To obtain best results, the weather should be clear, and the room free from steam or boiling water.

Candy should not be stirred while boiling; stir only until the sugar melts. Cream of tartar should not be added until syrup begins to boil.

The proper time to add the butter is shortly before removing from the fire, unless otherwise designated in the instructions.

The flavoring should not be boiled, but stirred in, the last thing before pouring out to cool.

BOILED FONDANT

Two cupfuls granulated sugar, one-half cupful of cold water, one-fourth teaspoonful of cream of tartar; stir all together until partly dissolved; boil until it forms a soft ball in cold water, boil about three minutes; set aside to cool about half an hour; stir until it gets creamy; add flavor and make at once into desired shapes.

—*Gordon.*

UNCOOKED FONDANT

Break into a bowl the whites of two eggs; add to them an equal quantity of cold water; stir into it (do not beat) confectioners' sugar until it is stiff enough to mold into shape with the fingers. Use any flavoring desired; form into balls, cones, or any desirable shape; put on waxed paper or buttered plates to dry. The cones can be dipped into melted chocolate for cream chocolates. English walnuts, pressed on either side of the balls, for cream walnuts, etc.

BUTTER SCOTCH

One cupful sugar, one-fourth cupful molasses, one tablespoonful vinegar, two tablespoonfuls boiling water, and one-

half cupful butter; boil all together until when tried in cold water mixture will become brittle; turn into a buttered pan and when slightly cool mark into squares. A small piece of vanilla bean cooked with the ingredients is an improvement.

—M.

BUTTER SCOTCH

Two cupfuls of sugar, two tablespoonfuls of water, piece of butter size of an egg; boil, without stirring, until it hardens on a spoon; pour out on buttered plates to cool.—C.E.B.

CARAMELS

One pound of brown sugar, one-half cake of chocolate, one cupful of milk, one-half cupful of molasses, one-half cupful of butter, one teaspoonful of vanilla; cook until it hardens in cold water.

—Mrs. S. W. Finnigan.

EASY CARAMELS

Use equal quantities of milk, sugar, molasses and chocolate, with a generous piece of butter; boil half an hour and pour on buttered plates; mark off in squares.

—Mrs. H. Taggart.

CREAM TAFFY

Three cupfuls of sugar, one-half cupful of water, one-half cupful of vinegar; stir before placing on stove, but not after; when partly done add three teaspoonfuls butter; just before taking from stove stir in half teaspoonful of soda dissolved in a few drops of hot water; when cool enough to handle, pull until white.

—Mrs. W. J. Landis.

CREAM CANDY

Two cupfuls of granulated sugar, three-fourths cupful of cold water, dessertspoonful of vinegar; boil all together until it breaks in cold water, (do not stir), pour on buttered plate; as soon as cool enough to handle, butter the hands and pull until white and creamy, flavor while pulling.—Miss Banks.

CREAMED DATES

One pound of confectioners' sugar, white of one egg, one-half egg shell of water, fresh grated cocoanut; flavor with

vanilla or orange; mix thoroughly; remove seeds of nice dates, fill with the cream and roll in granulated sugar.

—*Mrs. Shainline.*

PARISIAN CREAMS

Make the uncooked fondant; divide into three equal parts; leave the one white, color one by mixing a little grated chocolate or cocoa; the third color with a little cranberry juice, or any kind of fruit juice to give a pink color; roll each color out separately, and lay one on top of each other, the pink in the middle; press together and cut out in squares or diamonds.

FUDGE, NO. 1

One and one-half pounds of pulverized sugar, one-half cake of chocolate, one cupful of cream, butter the size of a walnut, one-quarter teaspoonful of vanilla; stir constantly; boil until soft mass when dropped in water; beat with an egg-beater until nearly cold, then pour into a pan, and when cool enough cut in squares.

—*C. E. B.*

FUDGE, NO. 2

One pound of brown, or two cupfuls of granulated sugar, three-fourths cupful of milk, one-half cake of grated chocolate or one cupful of cocoa, butter the size of an egg, one teaspoonful of vanilla; stir all the time while cooking; let cook until it will congeal in cold water; beat until flaky; put in shallow buttered pan.

—*Mrs. S. W. Finnigan.*

COCOANUT FUDGE

Two cupfuls of brown sugar, one-half cupful of milk, two ounces of butter, one-half teaspoonful of flavoring extract, one cupful of shredded cocoanut; put sugar and milk over fire to boiling point, add butter and cook until it nearly strings; take from fire, add extract and cocoanut, and stir until it snaps; pour into buttered tin, cool and cut into squares.

—*Mrs. Charles Jones.*

CHOCOLATE FUDGE

Three squares of chocolate, three cupfuls of sugar, one and one-half cupfuls of milk, butter size of an egg; cook

until quite thick; drop a small quantity in cold water: if it can be rolled between the fingers without sticking, remove from fire and beat until very thick; pour onto buttered tins.

—*Mrs. F. H. Holland.*

SULTANA FUDGE

Melt one-fourth cupful of butter and stir into it two cupfuls of sugar, one-fourth cupful of molasses, one-half cupful of milk; boil four minutes, stir in two squares of unsweetened chocolate scraped fine; boil four minutes, add one-half of a teaspoonful of flavoring extract; remove from fire and beat until it will spread; stir in two-thirds cupful of chopped English walnuts and one-third cupful of Sultana raisins; pour in buttered tin, cool and cut in squares.—*Mrs. Charles Jones.*

SEA FOAM FUDGE

One and one-half pounds of brown sugar, one-fourth cupful of boiling water, whites of two eggs and one cupful of pecan nuts; boil sugar until it hairs, then pour into the well-beaten whites, whip well, add the nuts, pour into tins; cut into squares when cool.

—*Mrs. Alena K. Moss.*

SEA FOAM

Two cupfuls of sugar, one-half cupful of hot water, one-half cupful of table syrup, whites of two eggs, one cupful of chopped nuts, teaspoonful of vanilla; dissolve sugar in hot water, then add syrup, boil all together until a little will harden in cold water; pour this boiling syrup a little at a time on the stiffly-beaten whites, beating all the time; add the nuts, then vanilla, beat until a little dropped on a plate will shape, then drop by small spoonfuls on platter.

—*Mrs. M. A. Woodward.*

MORAVIAN MINT CAKES

One pound of confectioners' sugar, one large tablespoonful of boiling water; mix sugar and water, and boil twelve seconds; add twelve drops of pepper-mint; pour out quickly on plates.

—*Mrs. H. Kauffman, Lititz.*

MOLASSES CANDY

One cupful of molasses, one cupful of granulated sugar, one tablespoonful of butter; flavor with vanilla; cook until it hardens in water; dissolve a pinch of soda in a little vinegar, stir in; pour on a well-buttered plate. Peanuts or walnuts may be added to this for a change. —*Mrs. W. R. Hughes.*

PEANUT CANDY

Take one pound of granulated sugar, and stir constantly over a hot fire; when melted, add a pint of rolled peanuts. Mix and roll out, or pour into a well-greased pan; cut into squares when cold; break apart for a peanut brittle.

PEANUT CANDY, CLEAR

Five-eighths cupful of vinegar, one-fourth cupful of water, one pound of granulated sugar; boil until brittle; flavor with vanilla; pour over peanuts.

PEANUT BRITTLE

Take one cupful of New Orleans molasses, and one and one-half cupfuls of granulated sugar; boil until hard when dropped in cold water; add butter size of walnut, and a pinch of soda; stir thoroughly, and pour over a pint of hulled peanuts, in buttered pan. —*Mrs. Shainline.*

COUGH CANDY

Soak a gill of whole flaxseed in half pint of boiling water; in another dish put a cupful of broken bits of slippery-elm; cover this also with boiling water; let stand for two hours; strain both through a muslin cloth, into a saucepan containing one and one-half pounds of granulated sugar; extract all liquor possible; boil until it turns candy; pour out on greased platter. The juice of two lemons may be added to improve taste.

MISCELLANEOUS

UNFERMENTED GRAPE JUICE

To ten pounds of Concord grapes use one and one-half pounds of granulated sugar and one pint of water; boil grapes until soft, strain, return juice to kettle, add sugar, let come to a boil, put up air-tight. —*Mrs. C. E. Binkley.*

RED RASPBERRY VINEGAR

Six quarts of raspberries, add two quarts of vinegar; let stand for three or four days, then press and strain; to every pint of juice add one pound of white sugar; boil twenty minutes, skim well and bottle. —*Ivison.*

CHERRY VINEGAR

Six quarts of cherries, mashed in one quart of vinegar, let stand three days, then press the juice through a jelly bag; to one pint of juice add three-quarters of a pound of sugar. Boil ten or fifteen minutes, skim and bottle. —*Ivison.*

ICED TEA

For this use a mixture of black and green tea. Make the infusion rather strong and a little over sweet; when cold freeze to the consistency of soft snow. Serve in sherbet glasses. —*G.*

CHEESE SANDWICHES

Yolk of one hard-boiled egg, one-half cupful of grated cheese, salt and pepper to suit the taste, two tablespoonfuls salad dressing; mash yolk of egg and cheese into a paste before adding to the dressing. Spread between wafers.

—*Weaver.*

NUT SANDWICHES

Mix one cupful of finely chopped peanuts, one cupful of chopped walnut meats, with two heaping teaspoonfuls of mayonnaise dressing. Spread between buttered slices of brown bread —*M. C. Hughes.*



MISCELLANEOUS

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INTRABEHORN USE, CLASSIFICATION, AND NAME

Since the original Horn classification did not put the classes and sub-classes in a logical order, especially in the middle of the list, the following is suggested:

A. INTRABEHORN

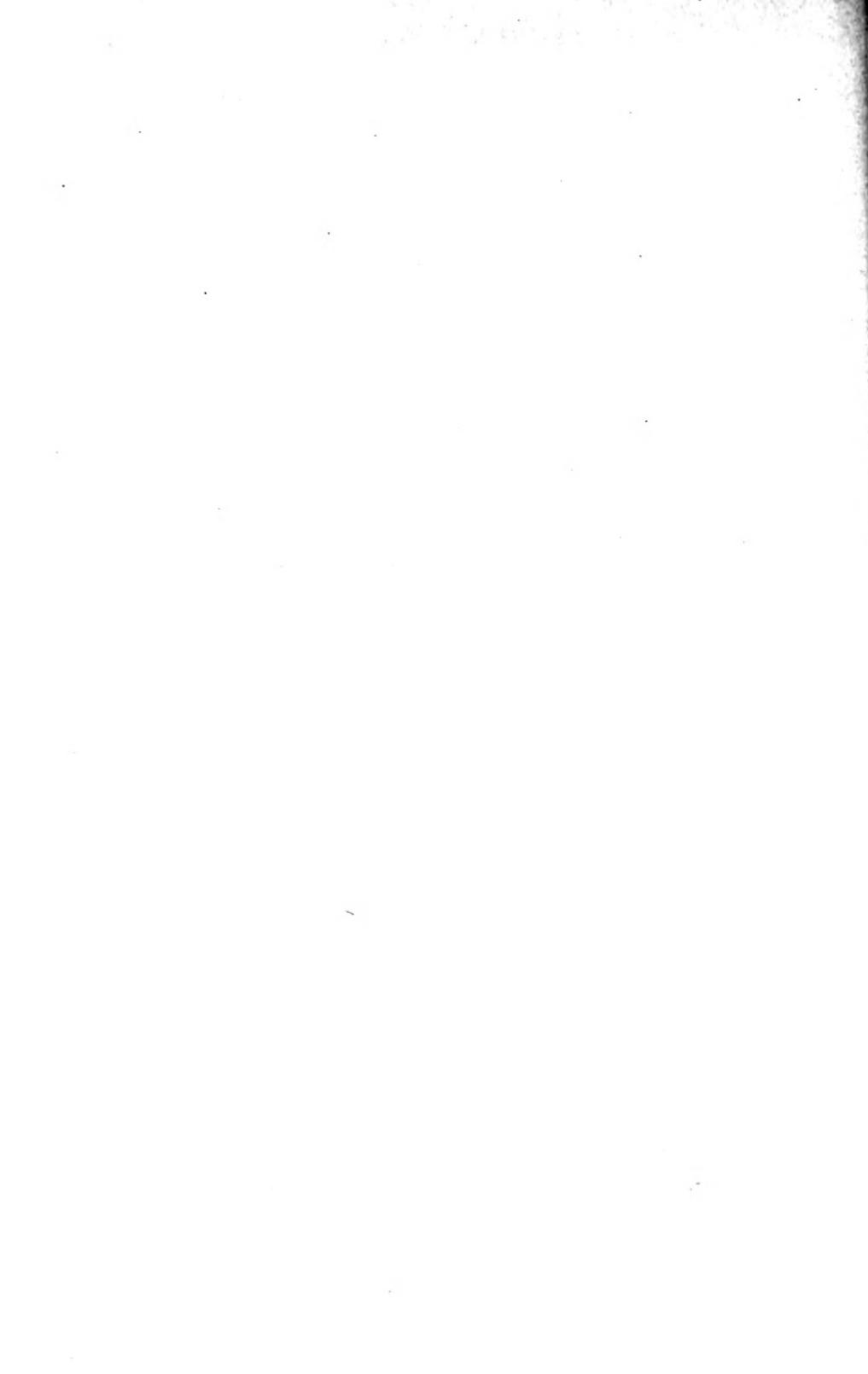
1. INTRABEHORN

1.1. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
1.2. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
1.3. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
1.4. *Prosthetic* (prosthetic, orthopedic, dental, etc.)

B. INTRABEHORN

1. INTRABEHORN

1.1. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
1.2. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
1.3. *Prosthetic* (prosthetic, orthopedic, dental, etc.)
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STRAWBERRY OR RASPBERRY COCKTAIL

Slice some large fresh berries and set on ice to get cold, put in glasses and pour over them a mixture of one tablespoonful of orange juice and a tablespoonful of sugar.

—*M. W. M.*

OYSTER COCKTAILS

For the dressing use a tablespoonful each of horseradish, vinegar, tomato catsup and Worcestershire sauce, a salt-spoonful of salt and one-half teaspoonful of tobasco sauce; chill on ice. Sufficient for twenty oysters. —*M. W. M.*

BANANA FRITTERS

Three-fourths of a cupful of milk, one egg, flour enough to make a thin batter; cut banana in two, lengthwise; dip in batter, fry in hot fat; sprinkle with pulverized sugar and serve while hot.

—*Gordon.*

INVALID COOKERY

That well-prepared foods are essential to the invalid's care, is unquestionable. All materials used must be of the best quality, as this is absolutely necessary. The amount and kind of food should be prescribed by the physician, but in all probability he will have no idea of the recipes to be used, but with a little knowledge and a good deal of care is all that is necessary to avoid any mistakes.

After quality, quantity is to be considered. If it can be managed, it is a better plan to cook only enough for one serving, unless it is some material which will not suffer if kept over or to be served later on; thus in making broths if the convenience of keeping will permit, etc. Often a small quantity of food daintily served stimulates the appetite, but if too much is set before the patient it has quite the opposite effect—thus it is better to serve twice than to risk to large a quantity at first.

Pastry, rich preserves and cakes, fried or greasy foods should never be served to invalids.

Buttered toast is rarely admissible, as all melted oils are difficult of digestion.

Neither tea nor coffee should be given to a patient without the doctor's consent or instructions.

BEEF TEA

One pound of lean beef, cut very small and put into a wide mouthed bottle or fruit jar, cork tight and set into a kettle of water and keep boiling two hours; strain the liquor and season. Chicken can be prepared in the same way.

RAW BEEF TEA

Only a small quantity of this should be made at a time, as it sours quickly. Take one ounce of beef at a time and as soon as one cupful is used prepare the next. Take beef from top part of the round, cut across the grain, shred down

with a knife. For each ounce allow two tablespoonfuls of cold water. Let soak fifteen minutes, then the water will be colored with the juice. This should be given cold; it may be warmed, but on no account should it boil, for this destroys the albumen.

BARLEY GRUEL

Boil barley three or four hours in plenty of water, when the water is white and glutinous strain; add a little loaf sugar and a very little salt. Very nourishing and good for infants.

Pour boiling water on a fresh egg in a tea cup, cover with a saucer. This plan prevents the coagulation of the white and is very delicate.

DRIED FLOUR

Tie one cupful of flour in a bag and boil three or four hours in water, adding more when necessary. Take out, dry and remove the outer skin and grate; when perfectly dry it is ready for use. This is used to thicken milk. Wet the flour with cold water, stir into the hot milk, boil five minutes, add salt to taste. Especially good for children suffering with summer complaint.

BAKED MILK

Put two quarts of milk in a crock, cover and tie down with writing paper; let stand in a moderate oven from eight to ten hours, when it will then be like cream, the water of the milk having been evaporated. This is excellent for consumptives and invalids generally.

CHICKEN BROTH

Cut up a chicken, an old one preferred, and place in an agate kettle with two quarts of water, one onion, two tablespoonfuls of rice and salt; boil two hours and strain.

CLAM BROTH

Twelve small, hard-shell clams, drain and chop fine, add one-half pint of clam juice or hot water, pinch of cayenne pepper and butter the size of a walnut; cook slowly for half an hour, then add one gill of hot milk; let boil, strain and serve. An excellent broth for a weak stomach.

FLAXSEED LEMONADE

One quart of boiling water poured on four tablespoonfuls of whole flaxseed, juice only of two lemons, sweetened to taste; steep three hours in a covered pitcher. If too thick put in cold water with the lemon juice and sugar. Good for colds.

FRESH BUTTERMILK

Is an excellent drink for kidney trouble and a weak stomach.

HOP TEA

Simmer one tablespoonful of hops in one pint of water, until strong, strain and add sugar to suit the taste.

INFANT'S FOOD

Twenty grains of Coxe's gelatine, soaked in a little water to dissolve it, one teaspoonful of arrowroot dissolved in a little milk; stir gelatine into a quart of water, then arrowroot, add one pint of milk; let come to a boil, then add three teaspoonfuls of sugar. —*Mrs. F. H. Holland.*

JELLY WATER

One large teaspoonful of currant or cranberry jelly in a goblet of ice water, beat well; for fever patients. Blackberry or wild cherry prepared in the same way is used for summer complaint.

KOUMISS

One quart of buttermilk, two quarts of sweet milk, four teaspoonfuls of sugar; mix buttermilk and sweet milk together, add sugar, stir until melted, let stand near fire covered with a cloth twelve hours, then bottle, tie cord down and keep bottles on sides; use as soon as opened.

LIME WATER

Pour two quarts of hot water over fresh unslaked lime, size of an egg; let stand, when clear bottle. Used with milk to neutralize acidity of the stomach.

MUTTON BROTH

Put four pounds of mutton (not lamb), neck piece preferred, in cold water enough to cover; simmer (not boil)

nearly all day, or until the meat is in shreds; strain, place liquor in ice box over night; carefully remove all grease; keep on ice and when required for use take one tablespoonful to one-half cupful of boiling water, salt to taste before serving. This is excellent for those suffering from dysenteric troubles.

MULLIED JELLY

One tablespoonful of currant or grape jelly, beat with it the white of one egg and a little loaf sugar; pour on this one-half pint of boiling water, break in a slice of dry toast or two crackers..

OYSTER TOAST

Toast nice slices of dry bread, butter and lay on hot dish; put in a granite basin six oysters, one-half teacupful of their own liquor and one-half cupful of milk; boil one minute, season, pour over toast and serve.

RICE JELLY

Mix one heaping tablespoonful of rice flour with cold water until it is a smooth paste, add a scant pint of boiling water, sweeten with loaf sugar; boil until quite clear. If intended for a patient with fever, flavor with lemon juice and mold. Rice water is made in the same manner by using twice the quantity of boiling water.

SOUP FOR INVALIDS

Boil two pounds of lean veal, one-quarter pound of pearl barley in one quart of water very slowly until it becomes the consistency of cream; press through a sieve, add salt to taste, flavor with celery seed, or use fresh celery in season. A small quantity will suffice. This soup is very nourishing.

—*Mrs. L. Shainline.*

TOAST

Cut thin slices of bread into strips, toast evenly without breaking and serve immediately on a hot plate, slightly buttered, if admissible. This may also be served with the juice from roast beef or mutton poured over, or milk may be scalded and poured over.

TOAST WATER

Two slices of stale bread toasted brown on both sides; cut in pieces and pour on one pint of boiling water; let cool. It may be sweetened or flavored if desired.

TAPIOCA CUP PUDDING

An even teaspoonful of tapioca soaked nearly two hours in almost a cupful of new milk; stir into this the yolk of a fresh egg, a little sugar and a grain of salt; bake in a cup for fifteen minutes. A little jelly may be eaten with it. Very delicate for invalids.

HOUSEHOLD HELPS

TO SWEETEN RANCID LARD

Boil a potato in it until the potato is tender.

STOVE LINING

To common potter baker's clay add one-sixth its bulk of calcined plaster and about the same quantity of wood ashes; mix all together with water until thick cement is made; plaster thickly where back lining is needed and let it dry. Fire may be made in a few hours. If there are cracks in a day or two, fill them with a little cement made in the same way, and a durable brick lining to your stove will be the result.

PREPARATION FOR CLEANING CARPET ON THE FLOOR

Ten ounces of sal soda, four ounces of borax, eight ounces of Fuller's earth, one cake of Ivory soap dissolved; mix all together, add four gallons of hot water; shave the soap and put to dissolve the night before in a little hot water. When cold, ready for use. Scrub carpet hard, scrape and rinse with hot water.

—*Mrs. Rodney Martin.*

FURNITURE POLISH

Mix together two parts crude oil and one of turpentine, one tablespoonful of salt to the gallon; rub in well with soft flannel; cover to exclude the dust, and three hours later polish with soft chamois skin.

TO REMOVE STAINS FROM MARBLE

Make a paste with vinegar and whitening, spread over the surface and let remain for twenty-four hours. When rubbed off the stains will have disappeared.

TO REMOVE RUST FROM STEEL

Rub with sweet oil, sprinkle with fresh slaked lime while it is warm; let stand for two days, then rub off and polish with dry powdered and slaked lime.

TO REMOVE MACHINE OIL

When black machine oil gets upon cloth, rub it with lard; let stand for a few minutes, then wash with cold water and soap.

TO WASH STRAW MATTING

Wash with a cloth dipped in salt and water, then dry quickly.

TO TAKE OUT MILDEW

Wet the cloth and rub on soap and chalk, mixed together, and lay in the sun; or lay the cloth in buttermilk for a short time, exposed to hot sun; or use lemon juice and treat in same way.

TO PREVENT FREEZING

When hanging out clothes during the freezing weather, try putting a handful of salt in the last rinsing water, and the clothes will not freeze until after they are hung on the line. They are also easier to remove from the line.

—*Housekeeper.*

TO REMOVE MOLD IN CELLARS

Unslaked lime is best for this purpose; it is blown in the shape of a fine powder on the walls of the cellar and into the crevices by means of bellows, or may be thrown on with the hand. If the walls are dry they should be well moistened previously. The lime slakes with the adhering water and kills all organisms. In a day or two the walls may be washed off, and as experience has proved, the cellar will remain free from mold for at least two years.

—*S. A.*

TO CLEAN STOVE PIPE

A piece of zinc put on the live coals in the stove will clean soot out of the pipe.

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